

Spicy Black Bean Burgers, inspired by MorningStar Farms

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/morningstar-farms-italian-porcupine-balls-recipe>

Ingredients:

- 2 cups black beans pureed or mashed
- 1 small onion minced
- 1 garlic clove minced
- 1/2 cup corn kernel
- 1 egg white
- 1 tablespoon tomato paste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/4 teaspoon red pepper flakes or more if you prefer a little more heat
- salt
- pepper
- 1/2 cup breadcrumbs

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 31 grams
3. Fat: 1 grams
4. Fiber: 9 grams
5. Protein: 9 grams
6. Sodium: 720 milligrams
7. Sugar: 2 grams

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