

Black Bean Burger

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-black-bean-burger-indian-recipe>

Ingredients:

- 1 tablespoon chia seeds
- 3 tablespoons water
- 1/2 green bell pepper roughly chopped
- 1/2 red onion small, roughly chopped
- 2 cloves garlic peeled
- 1 handful cilantro about 1/4 cup
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 15 ounces black beans drained and rinsed dried
- 3/4 cup old fashioned oats

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 43 grams
3. Fat: 3.5 grams
4. Fiber: 12 grams
5. Protein: 12 grams
6. SaturatedFat: 1 grams
7. Sodium: 1100 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Black Bean Burger above. You can see more 15 spicy black bean burger indian recipe Get ready to indulge! to get more great cooking ideas.