

SOUTHWEST BLACK BEAN BURGERS

Serves 4
Prep Time: 10 minutes
Cook Time: 15 minutes



Ingredients:

- 1/2 red bell pepper
- 1/2 small RealSweet® sweet onion
- 1 (15 oz.) can low-sodium black beans
- 1 large egg
- 1/2 cup breadcrumbs
- 1 1/2 tsp. chili powder
- 1 1/2 tsp. cumin
- 1/2 tsp. garlic powder
- 4 hamburger buns
- 1 SUNSET® tomato on the vine, sliced
- 1 Mission Produce avocado, sliced

Directions:

1. Place pepper and onion in food processor and blend until finely chopped.
2. Rinse black beans and mash in large bowl. Add peppers/onions, egg, breadcrumbs, chili powder, cumin and garlic powder.
3. Divide evenly into 4 patties.
4. Heat non-stick skillet over medium heat. Add patties and cook 6-8 minutes on each side.
5. Top buns with burgers, tomato and avocado.

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GROCERY LIST

- 1 red bell pepper
- 1 RealSweet® sweet onion
- 1 can low-sodium black beans
- Eggs
- Breadcrumbs
- Chili Powder
- Cumin
- Garlic Powder
- Hamburger Buns
- 1 SUNSET® Tomato on the Vine
- 1 Misison Produce avocado

