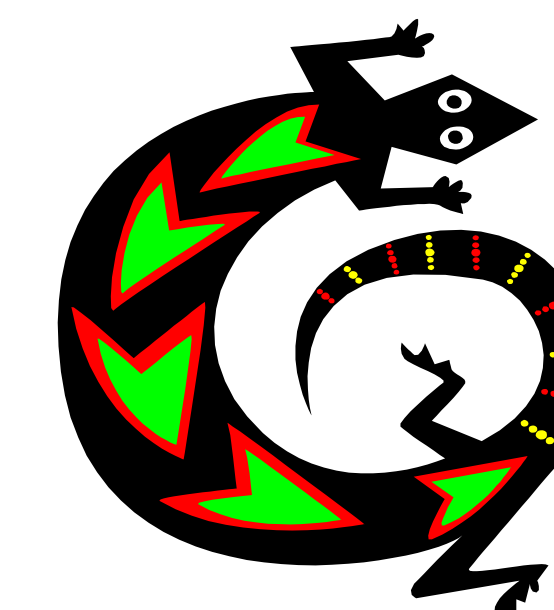


Feeding Our Future



SOUTHWEST BLACK BEAN BURGERS

Number of Servings: 6

Serving Size: 1 burger (1/2 cup)

Prep time: 35 minutes



Ingredients:

- 2 cups black beans
- 1/2 cup bread crumbs
- 1 egg
- 1/2 green bell pepper
- 1/2 medium yellow onion
- 3/4 cup corn
- 2 tsp chili sauce
- 2 tsp chili powder
- 2 tsp cumin

Nutrition Facts	
Serving Size: 1 burger (1/2 cup)	
Servings Per Recipe: 6	
Amount Per Serving	
Calories 320	Calories from fat: 36
% daily value	
Total Fat 4g	11%
Saturated Fat .4	1%
Trans Fat 0g	
Cholesterol 30.8mg	15%
Sodium 361.5g	
Total Carbohydrate 59.3g	
Dietary Fiber 8.7g	
Sugars 6.3g	
Protein 13.1g	
Vitamin A 7.4%	Vitamin C 29.6%
Calcium 4.6%	Iron 21%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

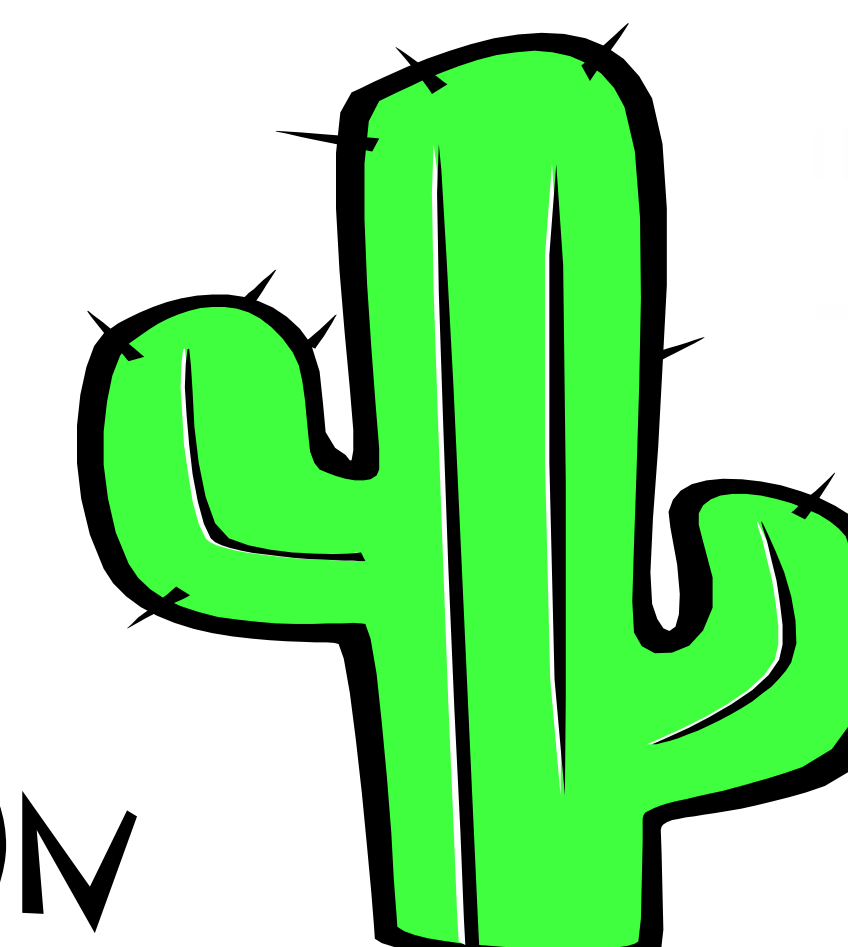
	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Safety Instructions

- Wash, rinse and sanitize all cooking utensils before use.
- Wash all vegetables
- Keep eggs refrigerated until use
- Refrigerate leftover burgers

Preparation:

- Chop onions and bell pepper
- Sauté onions, bell pepper, and corn for 10 minutes
- Rinse beans and mash with a fork.
- Scramble one egg
- Add bread crumbs and egg to mashed beans then stir
- Measure out spices
- Add spices to vegetable mixture and sauté for 5 min
- Add vegetables into the mashed beans mixture
- Form patties with 1/2 cup mixture per patty and bake for 8 minutes. Then turn on broiler and broil for 5



RECIPE COST PER PERSON

Ingredient	Cost
Black Beans	\$0.22
Bread Crumbs	\$0.13
Egg	\$0.04
Green Bell Pepper	\$0.08
Onion	\$0.04
Corn	\$0.07
Chili Sauce	\$0.01
Chili Powder	\$0.06
Cumin	\$0.11
Total	\$0.76

FINAL COST COMPARISON

Southwest Black Bean Burger	\$0.76
Morningstar Burger	\$0.94
Total Saving Per Person	\$0.18

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