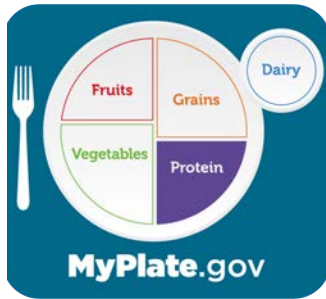


# Beans Many Ways



## Fun Facts:

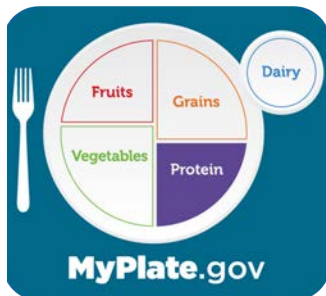
- Beans are a great source of protein, which helps your body repair and build muscle, hair, nails, skin and more.
- They have a lot of fiber, which keeps you full longer and supports healthy digestion.
- Beans are full of vitamins and minerals to keep your body healthy! Here are some tasty ways to prepare them:

## Ways to Use Canned or Cooked Beans

- **Roast beans for a crunchy snack:** Season them with spices for extra flavor.
- **Put beans in a burrito:** They add protein and keep you full longer.
- **Add beans to salsa:** It makes the dip heartier and more colorful.
- **Put beans on a salad:** They mix well with veggies and dressing.
- **Use in soup or chili:** Beans help make the dish warm and filling.
- **Make bean brownies:** They turn out fudgy and sneak in extra nutrition.



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# Black Bean Burger

**Servings: 4**

**Serving size: 1 burger**



## Ingredients

- Nonstick cooking spray (optional)
- 1 (15.5 ounce) can low-sodium black beans, drained and rinsed
- 1 cup shredded reduced fat cheddar cheese
- ½ cup whole wheat bread crumbs
- ⅓ cup chopped red bell pepper
- ¼ cup chopped fresh cilantro
- 1 large egg, lightly beaten
- 1 tablespoon chili powder
- 4 cloves garlic, minced

## Directions

1. Preheat oven to 375°F or spray skillet with nonstick cooking spray if using stove top.
2. Mash half of the black beans with a potato masher.
3. Add rest of beans, cheese, whole wheat bread crumbs, red pepper, cilantro, egg, chili powder, and garlic.
4. Work mixture together with your hands until it holds together easily.
5. Shape into 4 patties. Place on baking sheet and bake for 8 minutes on each side. If using stove top, cook for 4 minutes on each side.

## Nutrition Facts

4 servings per container  
**Serving size** 1 burger

**Amount per serving**  
**Calories** 240

**% Daily Value\***

**Total Fat** 4g 5%

**Saturated Fat** 1.5g 8%

**Trans Fat** 0g

**Cholesterol** 50mg 17%

**Sodium** 470mg 20%

**Total Carbohydrate** 32g 12%

**Dietary Fiber** 10g 36%

**Total Sugars** 2g

**Includes 0g Added Sugars** 0%

**Protein** 18g

**Vitamin D** 1mcg 6%

**Calcium** 169mg 15%

**Iron** 3mg 15%

**Potassium** 500mg 10%

**Vitamin A** 104mcg 10%

**Vitamin C** 20mg 20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.*

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