

# Beef and bean burger

This burger uses beans and beef to give you the best of both worlds! Serve with a salad to add crunch and colour.



Kid-friendly



Freezer-friendly



**PREP TIME**  
20 min



**COOK TIME**  
15 min



**SERVINGS**  
8

## Ingredients

- 1 can (540 mL/19 oz) low sodium black beans, drained and rinsed
- 125 mL (½ cup) finely chopped onion
- 3 cloves garlic, minced
- 30 mL (2 tbsp) Dijon mustard
- 5 mL (1 tsp) ground cumin
- 7 mL (½ tbsp) paprika
- 2 mL (½ tsp) salt
- 1 mL (¼ tsp) black pepper
- 1 egg
- 454 g (1 lb) extra lean ground beef

## Directions

1. Preheat the oven to 200 °C (400 °F) and line a baking sheet with aluminum foil.
2. In a large bowl, mash black beans with a fork or a potato masher.
3. To the same bowl, mix in onion, garlic, mustard, cumin, paprika, salt, pepper, and egg.
4. Add ground beef and mix thoroughly. Firmly form into 8 burger patties and place onto the baking sheet.
5. Bake for 15 to 17 minutes. Use a **digital food thermometer** to check that the burgers have reached an internal temperature of 74 °C (165 °F).

## Tips

- ✓ Create a “make your own burger” bar and have your kids add their own toppings.
- ✓ The burger patties will keep their form better because the beans are mashed.
- ✓ Half the size of the burger to make mini sliders and serve as an appetizer.
- ✓ Tightly wrap and freeze leftover burger patties for up to 4 months.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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