



Preparation: 15 mins

Cooking: 20 mins

Ready in: 35 mins

Serves: 14

Bean & Beef Sliders

Ingredients

- 1 tsp (5 mL) canola oil
- 1 small onion, diced
- 1 can (19 oz/540 mL) canned black beans, drained and rinsed
- 1/2 tsp (2 mL) garlic powder
- 1/2 tsp (2 mL) EACH salt and pepper
- 1 lb (500 g) Lean Ground Beef
- 1 egg
- 1/4 cup (60 mL) breadcrumbs
- 1 tsp (5 mL) canola oil
- 14 slider buns, toasted
- **Toppings:** tomatoes, lettuce, onion, ketchup, mustard

Directions

1. Heat oil in a medium-sized nonstick skillet. Cook onion for 3 minutes. Meanwhile, mash beans using a fork and add them to the skillet. Turn to low and cook for 3 minutes, stirring in garlic powder, salt and pepper. Set aside to cool.
2. Combine beef, egg, breadcrumbs and cooled bean mixture in a large bowl. To make sliders, use your hands to form the beef and bean mixture into 14 patties that are about 1 inch thick and 2 inches wide.
3. Add patties to lightly oiled hot nonstick skillet or grill pan. Cook over medium-high heat for approximately 6 minutes per side, until a digital instant read thermometer inserted sideways into each patty reads 160°F (71°C). Burger's done at 71!
4. Place sliders on toasted slider buns and top with your burger toppings.

Shopping List

Pantry Staples

- canola oil
- 1 can (10 oz / 540 mL) black beans
- garlic powder

Produce

- 1 small onion
- 1 tomato
- lettuce

Meat

- 1 lb lean ground beef

Notes:

Bakery

- dry breadcrumbs
- 14 slider buns

Refrigerator & Freezer

- 1 egg



Remember to check your pantry and refrigerator before you go shopping!