

# *Food is Health* • Community Recipe Challenge

## Three-Ingredient Bean Burgers

### Ingredients

2 15-oz. cans black beans, drained and rinsed

1/2 cup quick oats

1/2 cup barbecue sauce

optional: hamburger buns, salt & pepper to taste,  
additional herbs & spices (fresh rosemary, parsley,  
chili powder, cumin, etc.)



Recipe from [Lifestylemedicine.org](https://lifestylemedicine.org)



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## Instructions

1. In a large bowl, combine all ingredients and mash with a fork until chunky dough forms. You want to leave some whole beans, but you want the dough to be mashed enough that it sticks together well. Taste and add salt/pepper/seasonings to your liking. If you have time, refrigerate the dough for 30 minutes.
2. Preheat oven to 400F. Divide and shape dough into 8 patties. Arrange on a parchment paper-lined baking sheet. Bake for 8 minutes, flip and bake for another 5-6 minutes until a golden brown crust forms.
3. Serve with sliced tomato, pickles, onion and your other favorite burger toppings. Refrigerate leftovers for up to one week or freeze in airtight container for up to 3 months.

### Note:

- Swap the black beans for different beans. Try kidney, pinto, or cannellini beans.
- If you don't have quick oats, simply pulse rolled oats in a blender or food processor.
- Swap the barbecue sauce for other sauces for an entirely different cuisine.

Try peanut sauce, a combination of ketchup and mustard, or tahini-lemon sauce.

## Nutrition Information per Serving Serves 8

Calories	244
Protein	9.9 g
Fiber	3.9 g
Fat	2.6 g
Carbohydrates	46 g
Sodium	329 mg



To see contest rules visit, [elcaminohealth.org/foodishealth](https://elcaminohealth.org/foodishealth).

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For questions, please email [FoodisHealth@elcaminohealth.org](mailto:FoodisHealth@elcaminohealth.org).

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