



## **Bunless Beef-and-Bean Burgers**

**Serves 4**

*Using less ground beef than usual and adding canned beans to make up the difference results in burgers with less cholesterol and saturated fat. Their hearty beef flavor still comes through, making these burgers taste so great that you won't miss the extra meat-or the buns!*

- 1 15.5-ounce can no-salt-added black beans or no-salt-added pinto beans, rinsed and drained well
- 8 ounces extra-lean ground beef
- 1/4 cup plain dry whole-grain bread crumbs (lowest sodium available)
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 medium garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons canola or corn oil
- 2 tablespoons snipped fresh cilantro
- 1 medium green onion, thinly sliced (green and white parts)
- 1 medium fresh jalapeño, seeds and ribs discarded, minced
- 1 large tomato, cut crosswise into 4 thick slices
- 1 medium lime, cut into 4 wedges

In a medium bowl, using a potato masher or fork, mash the beans until slightly chunky. Add the beef, bread crumbs, chili powder, cumin, garlic, salt, and pepper. Using your hands or a spoon, combine the ingredients. Shape into 4 burgers, each about 4 inches in diameter.

In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the burgers, covered, for 4 to 5 minutes on each side, or until no longer pink in the center.

Meanwhile, in a small bowl, stir together the cilantro, green onion, and jalapeño. Set aside.

Put a tomato slice on each of 4 plates. Top the tomato slices with the burgers. Sprinkle the burgers with the cilantro mixture. Serve with the lime wedges for squeezing on top.

### **Nutritional Analysis**

Serving Size: 1 burger

Calories	216
Fat	6.0g
Saturated Fat	1.5g
Trans Fat	0.0g
Polyunsaturated Fat	1.0g
Monounsaturated Fat	2.5g
Cholesterol	31mg
Sodium	220mg
Carbohydrates	22g
Dietary Fiber	6g
Sugars	5g
Protein	19g

**Dietary Exchanges:** 1 ½ starch, 2 lean meat