

Corn & Bean Burgers

Yields: 6 burgers

Source: [Good Housekeeping](#)

Ingredients:

1 1/2 cups pinto beans {~1 can}
1/2 cup breadcrumbs
1/4 tsp salt
1/4 tsp pepper
1/4 tsp onion powder
1 cup corn
1/2 cup shredded cheese {we use a colby jack blend}
~1T flour
cooking spray
6 hamburger buns

Directions:

1. In a food processor, pulse beans, breadcrumbs, salt, pepper and onion powder until ground.
2. Add corn and cheese; pulse until just combined.
3. Form into 6 patties, mashing together well, making sure to not make them too thick.
4. Lightly dust one side with flour; mist with cooking spray. Place in skillet over medium heat. Dust other side with flour, mist with cooking spray. Cook each side for ~7 minutes. Serve on hamburger buns with BBQ sauce.

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