



TEX-MEX VEGETARIAN BEAN BURGER

Servings: **1 burger**

Approx. calories for this meal = 400 35.1% Protein 34.3% Carbohydrates 30.6% Fat

Ingredients

- 1/4 medium carrot
 - 1/3 cup canned kidney beans
 - 3 oz light firm silken tofu
 - 1 TBS green pepper, chopped
 - 1 TBS onion, chopped
 - 1/4 cup organic mild or medium salsa
 - 2 TBS breadcrumbs
 - 1 TBS WW flour
 - 1 dash ground black pepper
 - 1/8 TSP chili powder
 - 1/4 avocado
 - 2 oz low-fat cheddar or Colby cheese
 - 2 TSP fat-free sour cream
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Directions

Steam carrot until soft.
Mash beans, tofu and steamed carrot in a large bowl.
Add green pepper, onion, salsa, breadcrumbs and flour.
Season with pepper and chili powder.
If the mixture is too thin, add flour.
Form mixture into a patty.
Bake at 425F for 15 to 20 minutes, or until browned.
In the last few minutes of cooking, top burger with cheese.
Service with sliced avocado and sour cream or quacamole.

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