



GREAT GROCER  
PROJECT



## Half Veggie Burgers

### Ingredients

- 2 cans pinto beans, rinsed and drained
- 1 bell pepper, finely chopped
- 1 lb. lean turkey or beef
- 1 egg
- cooking spray
- 2 large tomatoes, chopped
- 8 lettuce leaves
- 8 hamburger buns
- salt and pepper

Flip for step-by-step instructions



## Instructions

1. Mash beans with fork or potato masher.
2. Combine beans, bell pepper, meat, egg, salt, and pepper.
3. Form 8 patties.
4. Spray skillet with cooking spray, heat to medium high.
5. Cook patties 4 minutes each side until internal temperature is 165 degrees F.
6. Serve on buns with sliced tomato and lettuce.

Source: Alabama Extension