



# Mindful Twist on Bohemian Bull's Hippie Black Bean Burger



¼ cup red bell pepper, diced  
¼ cup poblano pepper, diced  
¼ cup onion, diced  
1 tsp fresh garlic, minced  
2 egg whites

3 Tbsp cilantro, chopped  
¼ cup Panko crumbs  
1.5 tsp Mrs. Dash taco seasoning  
1 ½ cups no salt added black beans, rinsed

Combine all the ingredients in a mixing bowl. Mix by hand, smashing the beans lightly as you mix. Preheat a large nonstick skillet over medium to medium high heat. Spray with cooking oil. Scoop 4 mounds of black bean burger mixture into the pan. Gently pat down to form patties. Fry patties 3 to 5 minutes on each side, until they firm up. Makes 4 patties.

**Nutrition per patty:** 130 calories, 0.6 g fat (0.5 g sat fat), 12 g carb, 9 g protein, 50 mg cholesterol, 330 mg sodium

Bohemian Bull serves their Hippie Black Bean Burger a Kaiser Roll from Normandy Farm, dressed with lettuce, tomato, house made pickled onions, smoked gouda and caramelized sour cream.

