



**Heart & Home**  
*Wellness Table Series*



**Ronald McDonald  
House Charities®**  
Central Ohio

Supported by

**JPMorganChase**

# Black Bean Sliders

These mini vegetarian black bean patties are perfect slipped into slider buns or on their own dipped in ketchup.

Servings: 7 | Serving size: 2 sliders (without bun or toppings)



## NUTRITION NOTES

- Creamy and protein-packed, **black beans** create a hearty base that makes these patties filling and satisfying.
- Naturally sweet and vibrant, **carrots** add a fresh crunch and subtle earthiness to every bite.
- Sharp and flavorful, **red onion** brings a savory depth and slight sweetness as it cooks.
- Crisp and comforting, **seasoned breadcrumbs** help bind the mixture while adding a deliciously golden texture.

# Black Bean Sliders

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## INGREDIENTS

- 2 cans black beans, drained and rinsed
- 2 carrots, finely chopped
- ½ cup red onion, finely chopped
- ½ cup seasoned breadcrumbs
- 1 egg, beaten
- 2 teaspoons chili powder
- Juice of 1 lime
- 1 teaspoon cumin
- 1 teaspoon coriander
- ¼ teaspoon salt
- ¼ teaspoon pepper

**Nutrition Profile:** High-Protein | Fiber-Rich | Heart-Healthy | Plant-Based | Nutrient-Dense | Vegetable-Forward | Lower-Fat | Balanced | Wholesome | Naturally Gluten-Free

## NUTRITION FACTS *(per serving)*

Servings Per Recipe: 7 | Calories: 168

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 27mg

Sodium: 410mg

Carbohydrates: 29g

Fiber: 10g

Sugars: 2g

Protein: 10g

Potassium: 492mg

Phosphorus: 172mg

*\*Nutrition information provided directly by eatright.org and reflects values listed at the time of publication. Recipe sourced from: eatright.org*

## INSTRUCTIONS

1. Sautee carrots and onions. Add juice of 1 lime, 1 t cumin, and 1 t coriander.
2. Place 1½ cups of the black beans into a large bowl and mash well with a fork or potato masher. Add the remaining black beans, the sauteed vegetables, and the rest of the ingredients and mix very well.
3. Scoop ¼ cup out at a time and form into a patty. Repeat to make more patties.
4. Heat a nonstick skillet over medium heat. Spray skillet with cooking spray or add 1 teaspoon oil. Place patties a few at a time into the skillet and cook until browned on each side, about 2 to 3 minutes per side.
5. Remove from skillet and enjoy as is, or on slider buns with toppings such as onions, lettuce or tomatoes.