



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Better Hamburger (Beef & Bean)

Brighten up your burger with the addition of heart-healthy pinto beans.





INGREDIENTS

- ½ pound ground beef
- 1 clove garlic, diced
- ¼ cup onion, diced
- 1 can pinto beans, drained
- 1 egg
- ½ cup breadcrumbs
- Salt and pepper
- 4 buns
- 1 large tomato, sliced
- Lettuce

INSTRUCTIONS

1. In a large bowl, combine the ground beef, garlic, onion, pinto beans, egg and breadcrumbs. Mix until just combined.
2. Form the mixture into 4 patties. Season both sides of each patty with salt and pepper.
3. Heat the oil in a cast iron skillet over high heat. Add the burgers and cook for 5 minutes, flip and cook for 3 more minutes or until cooked through. Alternatively, burgers can be cooked on the grill.
4. Place the open buns on 4 separate plates. Top the bottom bun with a burger, then add sliced tomato and lettuce. Add more garnishes if desired before topping with the top bun.



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