

Meal Kit List

Week 2: Black Bean Burger

Fruit:

- no fruits this week

Vegetables:

- 1 red bell pepper- \$1.99
 - 1 white onion- \$1.37
- Optional Toppings: (not included in price)
- head of lettuce- \$1.49
 - 1 red onion- \$0.60
 - 1 tomato- \$0.46

Protein:

- canned black beans
\$0.49
- eggs
\$0.90 per half dozen

Dairy:

- no dairy this week

Grains:

- whole wheat panko bread crumbs
\$2.49
- whole grain brown rice steamable bag
\$1.79
- multigrain slider rolls
\$3.49

Herbs, Spices & More:

- mild salsa
\$1.79
- garlic
\$0.42 per bulb
- cumin seasoning

Healthy Options[®]

Cooking at Home

Grocery cost: \$14.73

Recipe cost: \$9.23

Cost per meal: \$1.54

*prices found at your local Wegmans store

Black Bean Burger

Week 2 Recipe



Ingredients:

- 16 ounce can black beans
- 1 red bell pepper
- 1/2 white onion
- 1/2 cup wheat bread crumbs
- 1/2 cup cooked brown rice
- 1 Tbsp. garlic
- 1 egg
- 1 Tbsp. salsa
- 1 tsp. cumin
- 6 multigrain slider rolls

Optional Toppings:

- head of lettuce
- 1 red onion
- 1 tomato

Directions:

1. Preheat oven to 375F.
2. Rinse beans under water and drain well. Pour beans into large zip-lock bag and mash-up.
3. Finely chop white onion, garlic and bell pepper and add into a medium mixing bowl with mashed black beans. Mix-in remaining ingredients.
4. Spoon out 2 Tbsp. of mixture, roll into a ball and place flat onto a sprayed baking sheet.
5. Place into oven and cook for 8-10 minutes on each side.
6. Serve on a roll with a slice of red onion, tomato and lettuce.

Nutrition Facts

6 servings per container

Serving size 1 slider

Amount per serving

Calories 230

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 170mg 7%

Total Carbohydrate 45g 16%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 6%

Potassium 394mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.