

Beans to Burgers

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Pulse & Soybean Growers](#)



When Urban and Rural Collide: The Story of One Manitoba Farm Family

Toban & Jamie Dyck didn't always want to be farmers. Despite having grown up on a farm, Toban was eager to leave the small town and make a life for himself in the city. They lived in downtown Winnipeg and Toronto for many years before making the decision to move home to his family farm to try and build a healthy lifestyle that gave them the best of both worlds.

<https://youtu.be/nAwDLBuwVl>



There are advantages to consuming a **mix of plant- and animal-based protein sources**. Both have unique nutritional qualities required by Canadians to be healthy.

Animal-based proteins provide all **essential amino acids (EAAs)** we need in our diets. Plant-based protein foods typically do not. However combining a variety of plant-based proteins such as cereals (wheat, corn and rice) and pulses (lentils, beans and chickpeas) provide a balanced source of amino acids.

LEARN MORE:

[snapAg: Global Protein Consumption](#)

[snapAG: Protein and Nutrition Manitoba Pulse & Soybean Growers](#)

Basic Black Bean Burger

Ingredients

- 1-19 oz can black beans, rinsed and drained 🌱
- 1/2 onion, sliced 🌱
- 3 cloves garlic, peeled 🌱
- 1 egg 🌱
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp hot sauce
- 1/2 cup rolled oats 🌱

Suggested toppings:

Salsa, Lettuce, Sour Cream, Avocado

Method

1. Preheat oven to 375°F (190°C), and lightly oil a baking sheet.
2. Place rinsed and drained beans, onion and garlic into a food processor and mix until thick and pasty. Pour into a large bowl.
3. In a small bowl, stir together egg, chili powder, cumin and hot sauce.
4. Stir the egg mixture into the mashed beans. Mix in rolled oats until the mixture is sticky and holds together. Divide mixture into four patties.
5. Place patties on baking sheet, and bake for 10 minutes on each side.
6. Serve on a bun with your favourite burger toppings.



https://youtu.be/iOsXj_JRLOk

Servings **4** | Total time **35 minutes**

🌱 Grown by Manitoba Farmers

Agriculture
in the **Classroom**
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