

Cowboy Burger

Ingredients

- 11-7/8 oz ground beef, 80% lean meat/20% fat
- 7 tbsp shredded mozzarella cheese, reduced fat
- 5 tbsp dry seasoned bread crumbs
- 7-1/8 tsp onion, chopped
- 3-1/2 tsp green bell pepper, chopped
- 1/8 tsp oregano
- 1/8 tsp black pepper
- 1/4 cup canned pinto beans, low sodium
- 1/4 cup canned diced tomatoes, salt added
- 4 whole-grain 2 oz bread buns

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 413 calories, 20.21 g fat, 7.39 g saturated fat, 568 mg sodium, 35.34 g carbohydrate, 4.47 g fiber, 3.2 g sugar, 23.74 g protein

Directions

1. Combine all ingredients into a large mixing bowl and stir until all ingredients are fully incorporated.
2. Using a 1/2 cup scoop, portion burgers onto 18 x 13 inch pan, lined with parchment paper. Bake at 350° F for 20 minutes or until internal temperature reaches 165°F
3. To serve, place one patty on warm bun.

