



Turkey, Black Bean & Veggie Burger

ingredients

- 1 lb. ground turkey
- ½ can (15 oz.) black beans, rinsed and drained
- ½ can (8 oz.) creamed corn
- ½ carrot, diced small
- 2 tbsp chopped parsley
- ½ onion, diced small
- 2 tbsp ketchup
- ½ cup panko breadcrumbs
- 2 tbsp Dijon mustard
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp onion powder
- ½ tsp cayenne pepper
- ½ cup shredded sharp cheddar cheese
- ½ lb. ground hot sausage, crumbled & cooked

directions

- Preheat oven at 375°
- Line a baking sheet with parchment paper.
- Mix all ingredients together and form patties.
- Spray top of burgers lightly with olive oil.
- Bake for 30 minutes.
- Flip burgers halfway through.