



## BUTTER BEAN BURGERS

Advanced Lifestyle

### **INGREDIENTS**

1 (15 ounce) can butter beans, drained  
1 small onion, chopped  
1 TBS finely chopped jalapeno pepper  
6 saltine crackers, crushed  
1 egg, beaten  
½ cup shredded Cheddar cheese  
¼ TSP garlic powder  
pinch salt and pepper  
¼ cup vegetable oil

### **INSTRUCTIONS**

—In a medium bowl, mash butter beans. Mix in onion, jalapeno pepper, crushed crackers, egg, cheese, garlic powder, salt, and pepper. Divide into 4 equal parts, and shape into patties.

—Heat oil in a large skillet over medium-high heat; use more or less oil to reach 1/4 inch in depth. Fry patties until golden, about 5 minutes on each side.

**SERVING INFO:** (Yields 4 servings): 1 veggie burger = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).