

# Black Bean Turkey Burgers

## Shopping List:

### Protein

- ☐ 1 pound ground turkey
- ☐ 1 egg

### Canned Goods

- ☐ 1 cup black beans, rinsed and slightly crushed

### Dairy

- ☐ 3/4 cup grated Parmesan cheese

### Pantry

- ☐ 1/2 cup Japanese-style bread crumbs (panko)
- ☐ 1 (1 ounce) package dry onion soup mix

### Frozen

- ☐ French Fries