



Pumpkin Chipotle Burgers with Potato Wedges

Prep Time: 20 min

Cook Time: 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

506 calories

17.6 total grams of fat



INGREDIENTS: ** Items not included in kit

DIRECTIONS:

POTATO WEDGES

- 4 medium Russet potatoes, about 2 lbs.
- Non-stick cooking spray**
- 3 TB olive oil**
- Potato Spice Blend
 - 2 tsp garlic powder, 2 tsp onion powder
- Salt & pepper, to taste**

CHIPOTLE MAYO

- 1/3 cup mayonnaise
- 1 tsp fresh lemon juice (about 1/4 a lemon)
- 1 tsp chipotle in adobo sauce **MEASURE OUT to taste**
- Chipotle Mayo Blend
 - 1/4 tsp paprika, 1/8 tsp cayenne pepper
- Pinch of salt to taste**

PUMPKIN BURGERS

- 15 oz. can cannellini beans, rinsed & drained
- 1 large egg, beaten
- 1 cup pumpkin puree
- 1 TB chipotle in adobo sauce **MEASURE OUT to taste**
- 2 garlic cloves, minced
- 1/2 cup diced onion
- Pumpkin Burger Blend
 - 1/2 tsp cumin, 1/2 tsp oregano, 1/2 tsp paprika
- Salt and pepper, to taste**
- 1 TB olive oil**
- 1.5 cups old-fashioned oats

COOKING

- Non-stick cooking spray**
- 2 TB olive oil**

TOPPINGS

- Avocado (smash with salt & pepper to taste)
- Lettuce leaves

1. **POTATO WEDGES:** Preheat the oven to 400 degrees. Cut each **potato** in half lengthways, then in half lengthways again to make quarters, and then cut each half in half lengthways on the diagonal to make two wedges (you'll end up with 8 wedges per potato; make sure they are about the same thickness and size). Place the sliced potatoes into a large bowl and cover them with hot water. Let them soak for 10 minutes. Drain the potatoes and lightly pat them dry with a towel. Place the **potato wedges** on a baking sheet coated with **non-stick spray** and drizzle with **3 TB olive oil** and sprinkle with the **Potato Spice Blend** and **salt & black pepper**. Toss until the potatoes are evenly coated in oil and spices, then arrange them in even columns across the pan so each wedge has a cut side against the pan. Bake for 30 minutes, then flip the wedges over and arrange them in an even layer and return the pan to the oven. Bake until the wedges are deeply golden, crisp and easily pierced by a fork, about 25 more minutes.
2. **CHIPOTLE MAYO:** In a small bowl, combine all ingredients listed and whisk together. Place in refrigerator until ready to assemble the burgers.
3. **PUMPKIN BURGERS:** *These can be cooked in the oven at 400 degrees with the potato wedges, just rotate the pans top/bottom rack halfway through cooking **OR** cooked on the stovetop.* In a large bowl, add the rinsed and drained cannellini beans and mash with a fork. Add the remaining ingredients listed and stir to combine well. Shape mixture into 4 balls and then firmly shape into a disc and place onto a greased baking sheet. Bake at 400 degrees for 20-25 minutes, flipping halfway **OR** heat 2 TB olive oil in a large skillet over medium-high heat, add the patties and cook 5 minutes or until a golden crust forms, then flip and cook another 5-8 minutes, until cooked through.
4. To serve, spread **chipotle mayo** on the **bun**, top with **pumpkin burger**, **lettuce leaves**, **smashed avocado** and enjoy with a side of **potato wedges**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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