



## Black Bean Burgers

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

459 calories

29 g fat

466 mg sodium



### INGREDIENTS: \*\* Items not included in kit

- 1 TB olive oil\*\*
- 1/2 cup onion, finely diced
- 1 garlic clove, minced
- 1 (15.5 oz) can Black Beans
- 1/2 cup frozen corn kernels, thawed
- 1 tsp chipotle in adobo OR to taste (measure out)
- 3 TB chopped cilantro
- 1 cup panko breadcrumbs
- Black Bean Burger Blend  
(1/2 tsp chili powder & 1/4 tsp cumin)
- 1 egg, beaten
- Salt & black pepper, to taste\*\*
- 2 TB butter & 2 TB vegetable oil for frying\*\*
- 4 whole wheat burger buns
- 4 slices cheddar cheese

### Chipotle Mayonnaise

- 1/2 cup mayonnaise
- 1 1/2 tsp chopped cilantro
- 1 tsp chipotle in adobo OR to taste (measure out)
- 1/2 lime juiced
- 1 lime zested

### Garnishes

- Lettuce
- Sliced tomato
- Thinly sliced red onion

### DIRECTIONS:

1. Peel and mince the **1 garlic clove**. In a skillet, add **1 TB olive oil** and sauté the **diced onion** and **garlic** over medium heat until translucent. Set aside to cool.
2. Drain and rinse **black beans**. Place in a bowl and lightly mash with a fork, retaining some consistency.
3. To the bowl of mashed black beans, add the **corn**, **1 tsp chipotle in adobo OR to taste (measure out)**, **cooled garlic/onion mixture from step #1** and **chopped cilantro**, mix well.
4. Add the **panko breadcrumbs**, **Black Bean Burger Blend**, **beaten egg**, and **salt & pepper** to taste. Mix until everything is well combined. Let mixture stand for 10 minutes in the refrigerator.
5. Form cooled bean mixture into patties about the size of the bun. **STOVETOP METHOD:** Heat **2 TB oil** and **2 TB butter** in a non stick skillet over medium low heat. Sear **patties** in skillet and cook 7-8 minutes on each side. Top patties with **cheddar cheese** towards the end while cooking the second side to allow cheese to melt. **OVEN METHOD:** Preheat oven to 425 degrees. Coat a baking sheet with **cooking spray**. Place patties on baking sheet and bake 12 minutes. Remove from oven and flip patties over and bake for an additional 10 minutes. Top with **cheddar cheese** and broil on low for 1 minute to melt cheese.
6. Toast **hamburger rolls** face down in a griddle or skillet with a little bit of butter.
7. Combine all ingredients in a bowl and stir to combine to make **Chipotle Mayonnaise**.
8. Spread **chipotle mayonnaise** on buns, place burger and top with **lettuce**, **tomato** and **thinly sliced red onion**.

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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