

BLACK BEAN BURGERS WITH AVOCADO AND WHOLE WHEAT BUNS

Black bean burgers are a delicious & flavorful way to enjoy a yummy burger in a little healthier way. Black bean burgers are packed with fiber, vitamins, and minerals but are much lower in fat and cholesterol than a traditional ground beef burger. The filling is so versatile, we invite you to add any seasonings or grated veggies you want to this delicious patty!



Ingredients

- 1 onion
- 1 bell pepper
- 1 - 15 oz can black beans
- 2 eggs
- 1/2 cup oats
- 6 burger buns (we like whole wheat for the extra fiber and nutrients!)
- 2 Avocados

From your pantry

- 2 teaspoons your favorite seasoning (taco or a mix of cumin and chili powder is nice!)
- 2 cloves of garlic or 2 teaspoons granulated garlic
- Aioli (recipe below, optional)
- Olive oil
- Salt and pepper

Equipment:

- Large sauté pan

PREPARATION: 20 MIN

COOKING: 15 MIN

READY IN: 35 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Wash and dry all produce. Peel **onions** and cut a few slices for burgers. Then chop the rest very small. Chop **bell peppers and garlic** into very small pieces. Drain and rinse **black beans**.
2. Heat 1 Tbsp. **oil** in a large sauté pan over medium heat. Add black beans and cook for 10 minutes. Remove from pan and allow to cool. Do not clean pan.
3. Add another Tbsp. oil to previously used pan. Add onions and bell peppers, sauté 2-3 min. Add garlic and sauté another minute. Remove from heat and allow 5 min to cool down a little. Wipe pan with a paper towel or napkin.
4. Once beans cool down mash slightly. In a large bowl, crack **eggs** and whisk well. Then, add **cooked veggies, black beans, oats, a good sprinkle of salt and pepper, and seasoning (optional)**. Mix using both hands to incorporate.
5. Once incorporated, form burger patties using both hands to make patties and place them on a flat surface with parchment paper or plastic.
6. Heat 1 Tbsp. oil in previously used sauté pan. Once hot, carefully add burger patties and cook for 5 min on each side.
7. While burgers are cooking warm up the **buns, cut avocados** open and scoop out flesh.
8. Assemble burgers on buns, top with avocado, onion and your favorite condiments! Enjoy!

Tips, Tricks, and Terms

Lemon Garlic Aioli

- 2 garlic cloves
- 1 egg yolk
- 2 tsp. lemon juice
- 1/2 tsp. mustard
- 1/3 cup of olive oil
- a pinch of salt and pepper

Mince and mash garlic to a paste. In a large bowl whisk together yolk, garlic, lemon juice, and mustard until incorporated. Whisking constantly slowly stream in oil until the mixture begins to thicken and oil runs out. Season with a pinch of salt and pepper. The mixture should become emulsified. If mixture separates, stop adding oil and continue whisking until mixture comes together, then resume adding the oil. If aioli is too thick, whisk in 1 or 2 drops of water. Chill, covered, until ready to use. Flavor with your favorite seasonings/herbs if desired!

A little about "aioli"

Aioli is simply a homemade mayo with an extra boost of flavor! Aioli is made with egg yolks, lemon juice and mustard and avoids preservatives and additives found in commercial mayo- PLUS its so much yummier. Feel free to add your favorite herbs or seasonings to make flavored aioli! Since you're consuming the egg raw, use for pasteurized eggs if you have concerns.



The Food Group is a nonprofit focused on using nutritious food to strengthen community. We work at the intersection of food access, equity, and nutrition issues related to food and hunger. We break down barriers to growing good food locally and getting good food to those who need it most.

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