

Recipe: Black Bean Burgers - Wellness

Number of Servings: 6 (256.88 g per serving)

Weight: 1553.45 g (Yield: 1541.28 g)

Recipe

| Item Name | Quantity | Measure |
|---|----------|-------------|
| Beans, black, mature, ckd | 2 | Cup |
| Olive Oil Canola Blend | 1 | Tablespo... |
| Onion, yellow, fresh, chpd | 4 | Ounce-w... |
| Peppers, sweet, bell, red, fresh, chpd | 4 | Ounce-w... |
| Rice, brown, long grain, ckd | 4 | Ounce-w... |
| Nuts, pecans, chpd | 2 | Ounce-w... |
| Bread Crumbs, panko, whole wheat | 3/4 | Cup |
| Egg, whole, raw, lrg | 1 | Each |
| Onion, scallions, tops & bulb, fresh, chpd | 2 | Tablespo... |
| Spice, cumin, seeds | 1 | Teaspoon |
| Salt, Kosher, coarse | 1/2 | Teaspoon |
| Bun, hamburger, whole wheat | 6 | Each |
| Lettuce, green leaf, fresh, outer leaf | 3 | Each |
| Tomatoes, red, fresh, year round avg, sliced | 3 | Ounce-w... |
| Onion, red, fresh, sliced | 2 | Ounce-w... |
|  Chipotle Ketchup - Wellness | 6 | Serving |

Preparation Method

| Preparation Ti... | Cook Time | Cook Temper... | Cook Method | Pan Size |
|-------------------|-----------|----------------|-------------|----------|
| | | | | |

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Preparation Method Instructions

In a saute pan heat the oil. Add the onions and saute until soft and translucent. Add the bell pepper and garlic and continue to saute until they soften. Season with salt and cool.

In a food processor, combine the drained and rinsed beans with the onion mixture. Add the cooked brown rice, pecans, green onion and cumin. Pulse several times until the mixture is coarsely pureed. Fold in the beaten egg and bread crumbs. Form the mixture into 6 patties, about 3/4 inch thick. Heat a bit of oil in saute pan. Add the patties and brown on one side. Flip and brown on the other. Serve on a bun with chipotle ketchup and a garnish of lettuce, tomato and onion.

Notes

A grilled patty of black beans pureed with brown rice, pecans, onion, bell pepper and Southwest seasonings served on a whole wheat roll with chipotle ketchup, lettuce tomato and onion.