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Terri's Best Black Bean Burgers

Serves 4

Ingredients:

2 (15 oz) cans black beans, rinsed and drained
4 TBSP vegetable oil, divided
1 medium onion, finely chopped (about 1 cup)
1 large poblano pepper, finely chopped (about 1 cup)
3 medium cloves garlic, minced
1 chipotle chili in adobo sauce, finely chopped, plus 1 tsp sauce
 $\frac{3}{4}$ cup roasted cashews
 $\frac{1}{2}$ cup feta, cotija, or jack cheese, finely crumbled (or non-dairy cheese for vegan version)
2 TBSP mayonnaise
1 whole egg (or egg substitute for vegan, or vegetarian version)
 $\frac{3}{4}$ cup panko bread crumbs
kosher salt and freshly ground black pepper
preferred burger buns, condiments and toppings

Preparation:

1. Adjust oven rack to center position and preheat to 350°. Spread black beans in a single layer on a foil-lined rimmed baking sheet. Roast until beans are mostly split open and outer skins are beginning to get crunchy, about 20 minutes. Remove from the oven and allow to cool slightly.
2. While beans roast, heat 2 TBSP oil in a medium skillet over medium-high heat until shimmering. Add onion and poblano and cook, stirring frequently, until softened, about 5 minutes. Add garlic and cook, stirring constantly, until fragrant, about 2 minutes. Add chipotle chili and sauce and cook, stirring, until fragrant, about 30 seconds. Transfer mixture to a large bowl.
3. Place cashews in the bowl of a food processor and pulse until chopped into pieces no larger than $\frac{1}{3}$ of an inch, about 12 short pulses. Add to the bowl with onions and peppers.
4. When beans are slightly cooled, transfer to the food processor. Add cheese. Pulse until beans are roughly chopped (the largest pieces should be about $\frac{1}{3}$ of a full bean in size). Transfer to the bowl with onion/pepper mixture. Add mayonnaise, egg, and bread crumbs and season with salt and pepper. Fold together gently but thoroughly with hands. Patty mixture can be stored in an airtight container in the refrigerator for up to three days at this stage.
5. To grill, brush patties with oil and grill, flipping carefully, 3-5 minutes per side. For cooking in a skillet - heat a bit of oil and sear patties, cooking about 5 minutes per side.



Food Fairy Note: I like to serve these delicious burgers on hearty, toasted hamburger buns, and with condiments and toppings such as: Chipotle and plain mayonnaise, ketchup, mustard, sliced cheese, shredded lettuce, sliced onions, sliced tomatoes, and pickles.