



## Black Bean Veggie Cheeseburger

with Chipotle, Guacamole & Slaw



30-40min



2 Servings

We love ingredients that don't just taste good but are also good for you too! Hearty black beans have a mild flavor and a creamy texture. But, these small legumes are also a powerhouse ingredient packing some serious protein, fiber and are high in vitamins and minerals like folate and magnesium.

## What we send

- canned black beans
- panko breadcrumbs <sup>1,6</sup>
- sharp cheddar cheese <sup>7</sup>
- potato buns <sup>1</sup>
- shredded cabbage blend
- fresh cilantro
- guacamole
- sour cream <sup>7</sup>
- chipotle chiles in adobo <sup>17</sup>
- red onion

## What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

## Tools

- fine-mesh sieve
- nonstick skillet
- potato masher or fork

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 42g, Carbs 79g, Proteins 27g



### 1. Prep ingredients

Peel and finely chop **1 cup red onion**. Chop **cilantro stems and leaves** together. Finely chop **1 teaspoon chipotle**, if necessary (or more, or less depending on heat preference). Drain and rinse **beans**, shaking out excess water.



### 4. Make slaw

Rinse and dry bowl. Add **cabbage blend, sour cream, remaining cilantro, reserved 2 tablespoons red onion, 1 tablespoon vinegar, 1 teaspoon sugar, and 1 tablespoon oil**. Season with **salt and pepper** and toss to combine.



### 2. Mash beans

Heat **1 tablespoon oil** in a medium ovenproof nonstick skillet over medium-high. Add **all but 2 tablespoons of the red onions** (reserve remaining for step 4) and cook, stirring, until golden, about 5 minutes. Add **beans** and cook, coarsely mashing with a potato masher or fork, until very dry, about 5 minutes.



### 5. Cook burgers

Preheat broiler with top rack 6 inches from heat source. Heat **2 tablespoons oil** in same skillet until shimmering. Add **burgers** and cook over medium-high heat, turning once, until browned, 2-3 minutes per side. Top each with **a piece of cheese** and broil on top oven rack until melted, 1-2 minutes (watch closely as broilers vary).



### 3. Make burgers

In a medium bowl, combine **panko, half of the cilantro, 1 large egg, and 1/2 teaspoon salt**. Add **mashed beans and chopped chipotle** and stir to combine. Using slightly moistened hands, form the mixture into two (4-inch) patties. Wipe out skillet.



### 6. Toast buns & serve

Place **buns**, cut-sides up, directly on the oven rack. Broil until toasted, about 1 minute (watch closely, as broilers vary). Spread **some of the guacamole** onto bottom halves of **toasted buns** and top with **veggie cheeseburgers**. Serve with **slaw** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**