



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

- 1 medium red onion
- ¼ oz fresh cilantro
- 1 can black beans
- 2 pieces cheddar ⁷
- 1 oz panko ^{1,6}
- 1 oz chipotle in adobo ¹⁷
- 1 oz sour cream ⁷
- cabbage blend
- 2 potato buns ¹
- 2 oz guacamole

What you need

- olive oil
- 1 large egg ³
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)
- sugar

Tools

- medium nonstick, ovenproof skillet

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), Egg (3), 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 840kcal, Fat 48g, Carbs 81g, Proteins 29g



1. Prep ingredients

Finely chop **1 cup red onion**. Chop **cilantro stems and leaves** together. Drain and rinse **beans**, shaking out excess water. Thinly slice **cheese**, if necessary.



4. Make slaw

Preheat broiler with top rack 6 inches from heat source. In a medium bowl, combine **sour cream**, **remaining chopped cilantro**, **remaining chopped red onions**, **cabbage blend**, **1 tablespoon each of oil and vinegar**, and **1 teaspoon sugar**, tossing to combine. Season to taste with **salt and pepper**.



2. Mash beans

Heat **1 tablespoon oil** in a medium nonstick, ovenproof skillet over medium-high. Add **all but 2 tablespoons of the chopped red onions** (reserve remaining for step 4). 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. Finish cheeseburgers

Heat **2 tablespoons oil** in same skillet over medium-high heat until shimmering. Add **burgers** and cook, turning once, until browned, 2-3 minutes per side. Top each with **cheese**, then transfer to top oven rack. Broil until cheese is melted, 1-2 minutes (watch closely as broilers vary).



3. Form burgers

In a medium bowl, combine **panko**, **half of the chopped cilantro**, **1 large egg**, and **½ teaspoon salt**. Add **mashed beans** and **½-1 teaspoon of the chipotle in adobo** (depending on heat preference); stir to combine. Using slightly moistened hands, form the mixture into 2 (4-inch) patties. Wipe out skillet.



6. Toast buns & serve

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