

DINNERLY



Black Bean Cheeseburger with Pickled Onions & Sweet Potato Fries



40min



2 Servings

Veggie lover or not, this black bean burger will knock your socks off. It's filling, hearty, insanely flavorful, and most importantly, easy to make. And because a burger isn't a burger without fries, we're serving it up with roasted sweet potato wedges. We've got you covered!

WHAT WE SEND

- 2 sweet potatoes
- 1 red onion
- 15 oz can black beans
- 1 oz panko ¹
- ¼ oz chipotle chili powder
- 2 potato buns ¹
- 2 oz shredded cheddar-jack blend ³
- 1 romaine heart

WHAT YOU NEED

- all-purpose flour ¹
- neutral oil
- kosher salt & ground pepper
- apple cider vinegar (or vinegar of your choice)
- sugar
- 1 large egg ²
- ketchup

TOOLS

- rimmed baking sheet
- potato masher or fork
- medium nonstick skillet

ALLERGENS

Wheat (1), Egg (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

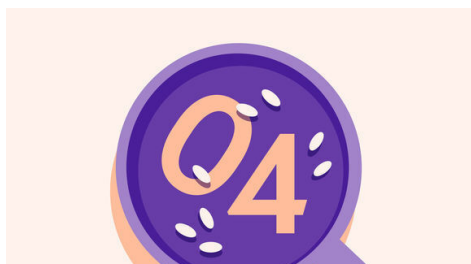
Calories 1060kcal, Fat 35g, Carbs 155g, Protein 40g



1. Bake fries

Preheat oven to 450°F with a rack in the lower third.

Scrub **sweet potatoes**; cut into ½-inch thick fries. Toss in a large bowl with **1 tablespoon flour** and **2 teaspoons oil**; season with **salt** and **pepper**. Spread into a single layer on a rimmed baking sheet. Roast on lower oven rack until tender and browned on the bottom, about 20 minutes.



4. Toast buns, start patties

Brush cut sides of **buns** with **oil**. Flip **fries**. Add buns, cut-side up, to same baking sheet. Bake on lower oven rack until buns are toasted and fries are cooked through, 6–10 minutes.

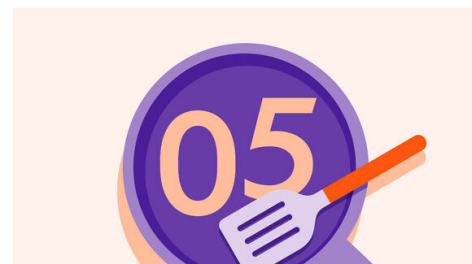
Meanwhile, heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **patties**; cook, undisturbed, until browned and crusty on the bottom, about 5 minutes.



2. Prep ingredients

Meanwhile, thinly slice **half of the onion**. In a medium bowl, whisk together **¼ cup water**, **2 tablespoons vinegar**, **1 tablespoon sugar**, and **1 teaspoon salt**; add sliced onions and toss to coat.

Finely chop **2 tablespoons onion** (save rest for own use). Drain **beans** (do not rinse); transfer to a paper towel-lined plate and pat dry.



5. Finish & serve

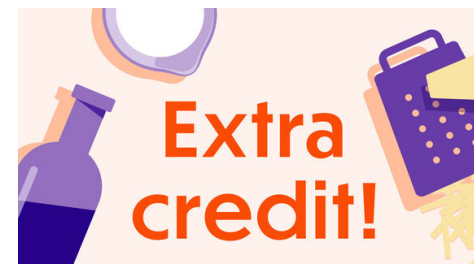
Flip **patties** and top with **cheese**. Cover and reduce heat to medium. Cook until bottoms are browned and cheese is melted, 4–5 minutes. Cut **2 romaine leaves** crosswise (save rest for own use). Spread **ketchup** on **bottom buns**.

Serve **black bean cheeseburgers** with **lettuce** and **pickled onions** and with **fries** alongside. Enjoy!



3. Make black bean patties

Transfer **beans** to a medium bowl; mash with a potato masher or fork until softened but large chunks still remain. Add **chopped onions**, **panko**, **1 large egg**, **1 tablespoon each of ketchup and flour**, **½ teaspoon each of chipotle powder and salt**, and **a few grinds of pepper**. Mix until evenly combined. Form into 2 (1-inch thick) patties.



6. Make it your own!

Swap the buns for more lettuce leaves to make it lower carb!