

MARLEY SPOON



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 oz shredded cheddar-jack blend ²
- 1 oz panko ³
- 1 oz chipotle in adobo
- 1 oz sour cream ²
- 14 oz cabbage blend
- 2 potato buns ³
- 2 oz guacamole

What you need

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

Tools

- medium nonstick, ovenproof skillet

Allergens

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

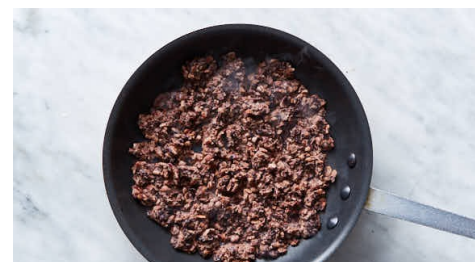
Nutrition per serving

Calories 840kcal, Fat 48g, Carbs 81g, Protein 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.



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.



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.



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**.



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).



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!