

# 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 oz chipotle in adobo <sup>17</sup>
- 1 can black beans
- 1 oz panko <sup>1</sup>
- cabbage blend (use 4 cups)
- 1 oz sour cream <sup>7</sup>
- 2 (¾ oz) pieces cheddar <sup>7</sup>
- 2 potato buns <sup>1</sup>
- 2 oz guacamole

## What you need

- olive oil
- large egg <sup>3</sup>
- kosher salt & pepper
- apple cider vinegar (or red wine vinegar)
- sugar

## Tools

- fine-mesh sieve
- medium nonstick skillet

## Allergens

Wheat (1), Egg (3), 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 45g, Carbs 79g, Protein 29g



### 1. Prep ingredients

Peel and finely chop **1 cup red onion**. Chop **cilantro stems and leaves** together. Drain and rinse **beans**, shaking out excess water.



### 4. Make slaw

Rinse and dry bowl. Add **sour cream**, **remaining chopped cilantro**, **reserved 2 tablespoons chopped red onion**, **4 cups of the cabbage blend**, **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 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. 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. 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** (depending on heat preference); 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!