

Black Bean Burgers

Chef Jim Whaley

Difficulty level- moderately hard Price-moderately high

This recipe calls for 2 cans black beans, which will make extra burgers to freeze. For less, use one can and cut the rest of the ingredients in half.

Prepared Ingredients:

- 2 cans black beans, drained and washed
- 1 cup prepared salsa
- ½ teaspoon ground cumin
- Salt and pepper to taste
- 2/3-cup couscous (fine couscous, uncooked)
- 3 tablespoons olive oil
- 1 cup shredded cheddar and Monterey jack cheese (optional- for vegan recipe omit)

Fresh Veggies:

The vegetables are the source of flavor and nutrition in this recipe. Use plenty; the volume of vegetables will be larger than the volume of beans. It is a great way to use seasonal ingredients.

All of these ingredients are chopped in small dice to easily soften while being sautéed:

- 1 medium onion (can be yellow or red)
- 1 red bell pepper
- 1 yellow red pepper
- 1 poblano pepper
- 1 medium eggplant
- 1 small yellow summer squash
- 1 small zucchini squash
- 2 ears fresh corn (cut corn from cob)
- 2 teaspoons minced garlic
- 1 bunch fresh cilantro, finely chopped

Other vegetables can be used or substituted. If it can be diced and sautéed, it can probably go into this recipe. I have used different varieties of squash, eggplant and peppers that I have found at the Farmers Market or in my CSA basket.

Directions:

Heat a large sauté pan with the 3 Tablespoons olive oil. Sauté the onions first until they begin to soften. Add all the other fresh vegetables. Sauté everything until all the veggies are softened and begin to caramelize. This is important. It will take some time but the veggies will slowly release their sugars and develop flavor. Look for the nice brown color on the bottom of the pan. Put one can of black beans in a food processor and pulse until mashed but not pureed. A potato masher can be substituted for the processor. Place all the prepared ingredients in a large mixing bowl and add the sautéed vegetables. Completely mix all ingredients, and allow mixture to rest for 10 minutes before making patties. Heat up

sauté pan with small amount of olive oil and place formed patties into pan and brown on each side. Handle carefully since patties are soft and can fall apart easily. Use a pan that can go in the oven or transfer patties to a baking pan and cook at 350° for 10 minutes. I like to serve them as a traditional burger with buns and toppings, but they can be enjoyed without all the accompaniments.