

CO-OP MEALS
Dinner in 30

Chipotle Black Bean Burgers

Serves 8-10; see hints

Shopping List:

- 25 ounce can black beans
- 1 onion
- 1 green pepper
- 1 large egg

Pantry items:

- 1 teaspoon chipotle powder
- ½ teaspoon cayenne (optional)
- 1 tablespoon hot sauce or mild salsa
- 1 cup panko bread crumbs
- 1 tablespoon vegetable oil
- Burger buns, cheese, and condiments for serving

Prep:

Preheat oven to 350°F and line a baking sheet with parchment paper. Drain and rinse beans and transfer to a large mixing bowl. Finely chop the onion and pepper.

Cook:

Heat oil in a small frying pan over medium-low heat. Add chipotle chili powder, cayenne (if using), onions, and peppers. Sauté 5-6 minutes, stirring occasionally. Remove from heat and set aside.

With a fork or potato masher, mash the beans- it's okay to leave some whole beans. Add the egg, hot sauce, onions and peppers to the bowl and mix to combine.

Add bread crumbs ¼ cup at a time, until the mixture is slightly sticky but able to hold its shape. Form 6-8 burger-sized patties and place onto a parchment-lined baking sheet.

Bake 5-7 minutes, flip, and add cheese (if using). Cook for an additional 5 minutes, remove from heat and serve with your choice of toppings!

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Using the leftovers:

Don't worry if you're cooking for 2 or 4 and end up with extras! Wrap in tinfoil, label with name and date, and freeze! Re-heat in microwave, toaster oven, or oven for a quick snack or dinner.

• Condiments:

You may find that stronger flavors pair well with these 'burgs. Pull out your favorite pickled veggies or kimchi, tartar sauce, or flavored mayo. Or stick with the classics to honor your burger traditions.

• Cooking dried beans:

Dried beans are an economical (and low-waste) alternative to canned. They will, however, require some planning: Soak beans in a generous amount of water over-night in the fridge. Drain and cook prior to using in this recipe. Check out www.thekitchn.com/how-to-cook-beans-43766



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