



BLACK BEAN BURGERS

with Lime Crema, Tomato Salsa, and Carrot Fries



HELLO

DIY VEGGIE BURGERS

Forget frozen: these patties are moist and tender thanks to creamy black beans.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 940



Carrots



Roma Tomato



Lime



Black Beans



Southwest Spice Blend



Mozzarella Cheese
(Contains: Milk)



Brioche Buns
(Contains: Wheat, Milk, Eggs)



Shallot



Jalapeño



Corn



Panko Breadcrumbs
(Contains: Wheat)



Egg
(Contains: Egg)



Sour Cream
(Contains: Milk)

START STRONG

If you have extra time, let the bean patties chill in the refrigerator for 30 minutes after shaping them in step 3. This extra step will help them hold together as they're cooking.

BUST OUT

- Peeler
- Baking sheet
- Zester
- Strainer
- Large bowl
- Potato masher
- Olive oil (1 TBSP | 2 TBSP)
- Large pan
- 2 Small bowls

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 2 | 4
- Shallot 1 | 2
- Roma Tomato 1 | 2
- Jalapeño 1 | 1
- Lime 1 | 2
- Corn ½ Cup | ¾ Cup
- Black Beans 6.7 oz | 13.4 oz
- Egg 1 | 2
- Panko Breadcrumbs ½ Cup | 1 Cup
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Mozzarella Cheese ½ Cup | 1 Cup
- Sour Cream 6 TBSP | 12 TBSP
- Brioche Buns 2 | 4

HELLO WINE



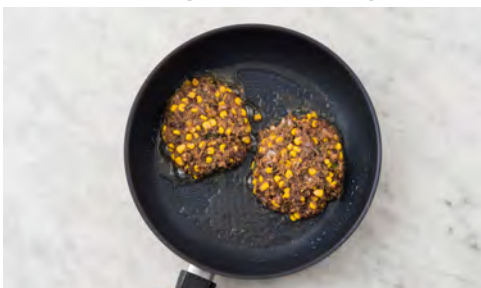
PAIR WITH
La Pintada Yecla Monastrell, 2016

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1 ROAST CARROTS

Wash and dry all produce. Adjust oven rack to upper position and preheat oven to 400 degrees. Peel **carrots**, then cut into 3-inch lengths. Cut each piece into ½-inch-thick sticks. Toss on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until browned and tender, 20-25 minutes, tossing halfway through.



4 COOK BURGERS

Heat a drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add burgers and cook until browned and firm, 4-5 minutes per side. About 2 minutes before the burgers are done, sprinkle **mozzarella** on top of each and cover pan to melt cheese.



2 PREP

Halve, peel, and finely chop **shallot** until you have 3 TBSP. Core, seed, and dice **tomato**. Mince **jalapeño**, removing ribs and seeds if you prefer less heat. Zest **lime** until you have ½ tsp zest, then cut into halves. Drain and rinse half the **beans** from container. Drain and rinse half the **beans** from box (use the rest of the corn and beans as you like).



5 MAKE SALSA AND CREMA

While burgers cook, combine **tomato**, remaining **shallot**, a squeeze of **lime**, and as much of the remaining **jalapeño** as you like in a small bowl. Season with **salt** and **pepper**. In another small bowl, combine **sour cream**, **lime zest**, and a squeeze of **lime juice** (to taste). Season with salt and pepper.



3 MIX AND SHAPE BURGERS

Place **beans** in a large bowl and mash with a potato masher or fork until mostly smooth but still a little chunky. Crack in **1 egg** (use other as you like), then add **panko**, **Southwest spice**, **2 TBSP chopped shallot**, **corn**, and up to **1 TBSP jalapeño** (use less to taste). Combine mixture with your hands, then shape into two ½-inch-thick patties.



6 TOAST BUNS AND SERVE

Split **buns** in half and toast in oven until golden, 2-3 minutes. (**TIP:** You can put buns on sheet with carrots.) Squeeze a little **lime** over **carrots**, then divide between plates. Spread buns with half the **crema**, then fill with **burgers** and **salsa** and plate. Serve remaining crema on the side for dipping carrots into.

COOL BEANS!

Did you know that black beans are a great source of minerals like iron and magnesium?

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