

Watch Alicia,* who lives with MG, make this recipe step by step.



BLACK BEAN BURGERS

PREP TIME: 20 MIN • COOK TIME: 15 MIN • YIELDS: 4 BURGERS

INGREDIENTS

Burgers

- ¼ cup cilantro
- ¼ red onion
- 3 garlic cloves
- 1 (15-oz) can black beans, drained
- ½ cup sliced mushrooms
- ⅓ cup breadcrumbs
- 1 egg
- ¼ tsp salt
- ½ tsp smoked paprika
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp black pepper
- 1-2 tsp extra virgin olive oil (optional)
- 4 brioche buns or Hawaiian rolls, lightly toasted

DIRECTIONS

Burgers

1. In a food processor, pulse onion, garlic and cilantro a few times.
2. Add drained black beans, mushrooms, breadcrumbs and egg and pulse until mostly blended but with some remaining texture.
3. Add salt, smoked paprika, onion powder, garlic powder and black pepper to black bean mix and pulse to combine.
4. Transfer mixture to a bowl and form 4 patties.
5. Heat olive oil in a large non-stick skillet over medium-high heat and cook patties until golden brown, about 4 minutes, turning once. Once turned, add a slice of cheese.
6. Serve immediately on toasted buns with optional toppings like tomatoes, spinach, cheese and chipotle sauce.

See next page for toppings.

TIPS AND TOOLS:

- * Use a food processor, a blender, a patty press and an electric or specialty can opener to make chopping, mixing and prep easier.
- * Replace buns with trimmed whole wheat bread slices to help reduce the effect on blood sugar.



INGREDIENTS

Creamy Chipotle Sauce

- 2 chipotle peppers (canned in adobo sauce)
- ½ ripe avocado
- 1 Tbsp of sauce from the can of chipotle peppers in adobo sauce (use less if you don't want it as spicy)
- ¼ tsp salt and black pepper
- ½ tsp smoked paprika, onion powder and garlic powder
- ¼ cup cilantro
- Juice of 1 lime or 2 Tbsp of lime juice

Guacamole

- 3 avocados, ripe
- ½ small red onion
- 2 Roma tomatoes
- 1 jalapeno pepper (deseeded, deveined)
- 2 garlic cloves
- Juice of 2 limes
- ¼ cup cilantro
- Salt to taste

Toppings

- Handful of baby spinach leaves
- 1-2 small tomatoes, sliced
- Sliced Gouda cheese (or any cheese of your choice)

DIRECTIONS

Creamy Chipotle Sauce

1. Combine all sauce ingredients in a blender or processor and blend until smooth.
2. Add ½ cup water and/or additional lime juice to thin the sauce and add tartness as desired.

TIPS AND TOOLS:

- * **Replace avocado in chipotle sauce recipe with ½ cup diced tomato to reduce calories.**

Guacamole

1. Pulse onion, garlic, jalapeno, cilantro and tomatoes in a food processor until finely chopped.
2. Add avocados, lime juice and salt and pulse a few more times until desired consistency is reached (less for a chunkier guacamole and more if you want it smoother).

Please consult your healthcare team on which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

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