Spicy Black Bean Burger with Chipotle Adobo

Craving a burger? This dish highlighting flavors from the American southwest is a rich source of dietary fiber with 2 servings of whole grains, 2 servings of veggies, and a serving of legumes, make this a delicious example of plant-forward dining.

Yield: eight servings

Ingredients:

1 (15 oz) can Black Beans, reduced sodium, drained and rinsed
1 medium Red Bell Pepper, finely minced
1 small Yellow Onion, chopped
2-3 cloves Garlic, minced
2 tsp Parsley, minced (or 1 tsp. dried)
1 tsp Cumin, ground
1 tsp Chili powder
1/4 tsp Salt
To taste Pepper
1/4 tsp Red Pepper Flakes
1 large Egg
1/2 cup Whole Wheat Breadcrumbs
As needed Cooking Spray
2 medium Globe Tomatoes, sliced thinly
1 cup Lettuce or Spinach
6 each Whole Wheat hamburger bun, toasted

Chipotle Adobo:

1/2 cup Plain Greek Yogurt
1/2 cup Sour Cream, low-fat
1 each Chipotle chilies, with sauce from canned chipotle in adobo sauce
1/2 cup Cilantro, packed
1 Tbls. Lime, zested and juiced (more to taste)
To Taste Salt and Ground Pepper

Preparation for burgers:

1. Gather all ingredients and equipment.
2. Using a medium skillet, spray pan and add chopped onion. Cook for two minutes, add red bell pepper. Cook until softened and fragrant. Add garlic, cook for 1 minute. Remove from heat.
3. In medium bowl, use a fork to mash black beans against side of bowl, leaving some whole (should be about 1/4 of whole beans, 3/4 mashed ratio).
4. Mix in red pepper, onion, garlic, parsley, seasonings, eggs and breadcrumbs. Mix well. Shape into 8 burger patties.
5. In large skillet, spray pan and cook black bean patties till they firm up (about 6-8 minutes on each side.)
6. Serve on a toasted bun with lettuce, tomato and 1Tbls Chipotle Adobo Sauce or other favorite condiment.

Preparation for Chipotle Adobo sauce:

1. Gather all ingredients and equipment.
2. In Food processor or blender: Combine all ingredients and blend until smooth. Chill in fridge for up to two weeks.

Nutrition Facts (per serving)

300 calories| 10 g dietary fiber| 18 g protein | 525 mg sodium | 48 g carbohydrate