

Serves 6 • Serving size: 1 burger



PREP: 5 minutes
COOK: 6 minutes



Best-Ever Black Bean BURGERS

- 15-oz./425 g can black beans, drained and rinsed
- 2 garlic cloves, peeled
- 1 small onion, peeled and quartered
- 1 tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- 1 cup frozen corn, thawed
- 1 egg, beaten
- 1 cup plain bread crumbs
- ½ cup Monterey Jack cheese, shredded

1. Assemble Fusion Master™ with coarse mincer disc. Place bowl underneath hopper.
2. Fill hopper with as many black beans as will fit and turn handle to begin processing. Once there is room in the hopper, add garlic and onion followed by remaining black beans until all have been processed into bowl.
3. Add remaining ingredients to black bean mixture in bowl and stir to thoroughly combine.
4. Heat Chef Series 12"/30 cm Nonstick Griddle over medium-high heat.
5. Separate black bean mixture into 6 patties.
6. Drop each patty onto griddle and flatten slightly.
7. Once patties begin to firm and turn golden brown on the pan side (about 2–3 minutes), flip over and cook an additional 2–3 minutes until patties are firm and cooked through.
8. Serve warm with desired toppings such as lettuce, additional cheese, sliced bell peppers or avocado.

Nutritional Information (per serving, patty only):
Calories: 210 Total Fat: 5g Saturated Fat: 2.5g Cholesterol: 40mg Carbohydrate: 30g Sugar: 3g Fiber: 4g Protein: 10g Sodium: 720mg Vitamin A: 2% Vitamin C: 2% Calcium: 10% Iron: 10%

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