

Black Bean Spiced Burgers

- Prep Time: 10 minutes (plus 10 minutes to chill)
- Cook Time: 20 minutes
- Total Time: 30 minutes (plus 10 minutes to chill)
- Yields: 8 burgers



Ingredients:

Burger:

- Carlini Cooking Spray
- 1 teaspoon Carlini Vegetable Oil
- 1/2 cup diced zucchini
- 1/2 cup diced yellow onion
- 1/2 cup peeled and diced carrot
- 2 tablespoons Burman's Ketchup
- 2 tablespoons Sweet Baby Ray's Original Barbecue Sauce
- 2 cups Millville Quick Oats
- 2 tablespoons Sweet Harvest Original Applesauce
- 1 teaspoon Stonemill Italian Seasoning
- 1/2 teaspoon Stonemill Garlic Powder
- 1/2 teaspoon Stonemill Onion Powder
- 3/4 teaspoon Stonemill Ground Cumin
- 3/4 teaspoon Stonemill Paprika
- 3/4 teaspoon Stonemill Chili Powder
- 1/2 teaspoon Stonemill Iodized Salt, plus additional to taste
- 1 teaspoon Stonemill Ground Black Pepper, plus additional to taste
- 3 15.5-ounce cans Dakota's Pride Black Beans, drained and rinsed

Toppings:

- 2 tablespoons chopped cilantro
- 1 lime, zested and juiced
- 1/2 cup Friendly Farms Plain Nonfat Greek Yogurt
- Stonemill Iodized Salt, to taste
- Stonemill Ground Black Pepper, to taste
- 6 Specially Selected Sesame Seed Brioche Buns
- 1 avocado, sliced
- 1 beefsteak tomato, sliced
- 1 red onion, thinly sliced
- 1/4 romaine heart

Directions:

1. Preheat grill to medium-high heat and spray with cooking spray.
2. In a medium sauté pan, heat the vegetable oil over medium heat. Sauté the zucchini, onion, and carrot until vegetables are translucent and soft, about 5 minutes. Set aside to cool.
3. Place vegetable mixture and remaining burger ingredients in a food processor. Process until thoroughly mixed.
4. Portion into 8 patties of black bean mixture and refrigerate for 10 minutes to set.
5. Grill patties 2 minutes and rotate 90 degrees to create a crosshatch pattern. Cook for 2 minutes, flip over and repeat.
6. In a medium bowl, combine cilantro, lime zest, lime juice and Greek yogurt. Season with salt and pepper, to taste.
7. To assemble, spread 1 tablespoon of yogurt sauce on the bottom of the sesame seed bun. Layer with 1 piece lettuce, 1 burger patty, 2 slices tomato, 3 sliced avocado, and 1 slice onion



Recipe Courtesy of:
ALDI Test Kitchen