Black bean teriyaki burger

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For black bean patties

- 2 cups canned black beans, drained and rinsed
- 1/3 cup teriyaki sauce
- 1/2 cup Panko breadcrumbs
- 1/4 cup all-purpose flour
- 1 1/3 tsp onion powder
- 1/8 tsp garlic powder
- 1/3 tsp kosher salt
- 1/3 tsp ground black pepper

For slaw

- 3 cups cabbage, coleslaw mix
- 1/3 cup red onions, sliced
- 1/2 cup fresh cilantro, chopped
- 1/8 tsp kosher salt
- 2/3 tsp sesame oil

For pineapple

- 3/4 cup canned pineapple, crushed with juice (4 rings total)

To cook patties

- 1/4 cup teriyaki sauce

For service

- 4 wheat hamburger buns, sliced

Instructions

For black bean patties

1. Place beans into a food processor and pulse to break up but do not process into a paste.

2. In a large mixing bowl combine processed beans with teriyaki, bread crumbs, flour and spices. Mix well, making sure breadcrumbs are fully moist and no dry spots in mixture.

3. Measure 4 ounces and press into patties. Place on parchment lined sheet pan, stack in layers if needed with parchment paper between each patty. Cover and hold in cooler for at least 30 minutes.

For slaw

1. In a large mixing bowl, combine all ingredients in step 3 and mix well. Cover and hold in cooler until service.

For pineapple

1. Using a bar grill over medium-high heat, add pineapple rings. Grill pineapple for about 3-5 minutes or until marks appear then flip. Continue grilling for another 3-5 minutes until marks appear on second side and pineapple is heated through. Hold hot for service.

To cook patties

1. Preheat oven to 350°F. In a pot, heat sauce over medium heat until it comes to a boil. Reduce heat and hold hot. Place patties on a parchment lined sheet pan and brush with teriyaki sauce. Bake in oven for 15 minutes, flip and continue baking for another 10-15 minutes or until internal temperature is 165°F. Remove pan from oven and brush patties with sauce again, then place into hotel pans and hold hot for service.

For service

1. Place bottom bun on plate. Add patty to bun. Add pineapple ring to top of patty. Add 4 ounces slaw mixture. Add top half of bun.

Notes

2 oz Meat Alternative (4 oz Black Bean Burger Patty), 2 oz Grain Equivalent (1 x Whole Wheat Bun), 1/2 cup Other Vegetable, 3 Tablespoons Fruit

Nutrition

Serving: 10.99oz | Calories: 374kcal | Carbohydrates: 68g | Protein: 18g | Fat: 4g | Saturated Fat: 1g | Sodium: 1131mg | Fiber: 13g | Sugar: 14g