Mexican black bean burger

by Radhi Devlukia-Shetty

This is a veggie burger with real flavor, not the sad crumbly kind. It's smoky, a little spicy, hearty from the black beans, and softened with sweet potato so the patties hold together beautifully. Add the crunchy lettuce, guacamole, and creamy sauce, and it becomes a proper messy, happy burger moment. I grew up vegetarian, so my only experience of burgers was bean burgers, and when I think burgers, I think spicy, hearty bean burgers. They're always so loved—at a BBQ, a birthday, or a fun little girls' night burger bar. And honestly, choosing a plant-based burger is one small, delicious way to leave animals off your plate and help reduce the demand for animal agriculture.

Prep time: 20 minutes
Cook time: 20 minutes
Servings: 4

Ingredients

For the burger patty

2 tablespoons oil
1 heaped cup cabbage
1/4 teaspoon asafoetida
1 cup sweet potato (chopped)
1/2 teaspoon salt
1 teaspoon cumin powder
2 1/2 cups black beans
1 teaspoon chipotle powder
1 tablespoon tomato paste
5 jarred jalapeños
1/4 cup cilantro (loosely packed)
1/4 cup parsley (loosely packed)

For assembly

4 burger buns
Guacamole

Vegan chipotle mayo
Lettuce

Instructions

1. Preheat the oven to 400 degrees F.

2. In a stove top pan, heat oil and add cabbage and asafoetida on medium heat for a couple of minutes until cabbage begins to soften.

3. Add the sweet potato, salt, and cumin powder. Saute for 2 -3 minutes then cover with a lid and cook until soft, approximately 10 minutes. Add black beans, chipotle powder, and tomato paste to the pan. Cook for 5 minutes with a closed lid. Remove from heat and let cool slightly.

4. Add sweet potato mixture with jarred jalapeños, parsley, and cilantro into a food processor and pulse till combined. The mix doesn't need to be completely crushed, I quite like having whole beans in there too.

5. Split mixture into 4 or 6 burgers depending on desired size and mold into burger patties.

6. Place patties onto a baking tray lined with parchment paper. Spray or brush each patty with oil then place into the oven and bake for 20 minutes flipping over halfway. Once firm on both sides, remove from the oven and gather your toppings and sauces of choice. I would recommend the vegan chipotle mayo and guacamole.

7. Toast your bun, layer on the sauces generously, and add your crisp lettuce, your patty, and the guacamole.

8. Sprinkle a little love, say a little prayer, and nourish yourself.