

Black bean smash burger tacos

by Chef Keysh

This recipe was inspired by two of my favorite comfort foods: smash burgers and tacos. The smashed black bean patties develop a crispy crust while staying tender inside, making them a fun and flavorful twist on both classics (and a delicious way to help animals with every bite). Press the mixture down firmly on the griddle to get those crispy edges that make smash burgers so good.

(Makes 6 tacos)

Ingredients

For the black bean mixture

- 2 (15 oz) cans black beans, drained and rinsed
- 1/2 cup panko breadcrumbs
- 1 flax egg
- 1/4 cup finely diced onion
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp chopped cilantro (optional)
- 1 tsp soy sauce

For the tacos

- 6 small flour tortillas
- 1–2 tbsp avocado oil
- For the toppings
- Shredded lettuce
- Diced tomatoes
- Pickled red onions
- Avocado slices
- Crumbled vegan feta
- Cilantro

For the burger sauce

- 1/4 cup mayonnaise
- 1 tbsp ketchup
- 1 tsp Dijon mustard
- 1 tsp pickle relish
- 1/2 tsp smoked paprika
- Dash of garlic powder

Instructions

1. In a bowl, mash the black beans until mostly smooth but with some chunks left for texture.
2. Mix in the remaining burger ingredients until the mixture holds together. If it's too wet, add another tablespoon or two of breadcrumbs.
3. Divide into 6 equal portions.
4. Press each portion into a very thin, even layer covering one side of a tortilla.
5. Heat a cast-iron skillet or griddle over medium-high heat and lightly oil it.
6. Place the tortilla bean-side down into the hot pan. Press firmly with a spatula for about 10 seconds.
7. Cook 3–4 minutes until the bean layer develops a deep brown crust.
8. Flip and cook the tortilla side for another 1–2 minutes until lightly toasted.
9. Remove, drizzle with burger sauce, and top with lettuce, tomato, onions, avocado, vegan cheese, and cilantro.