



Black Bean Burgers

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

459 calories

29 g fat

466 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 TB olive oil**
- 1/2 cup onion, finely diced
- 1 garlic clove, minced
- 1 (15.5 oz) can Black Beans
- 1/2 cup frozen corn kernels, thawed
- 1 tsp chipotle in adobo OR to taste (measure out)
- 3 TB chopped cilantro
- 1 cup panko breadcrumbs
- Black Bean Burger Blend
(1/2 tsp chili powder & 1/4 tsp cumin)
- 1 egg, beaten
- Salt & black pepper, to taste**
- 2 TB butter & 2 TB vegetable oil for frying**
- 4 whole wheat burger buns
- 4 slices cheddar cheese

Chipotle Mayonnaise

- 1/2 cup mayonnaise
- 1 1/2 tsp chopped cilantro
- 1 tsp chipotle in adobo OR to taste (measure out)
- 1/2 lime juiced
- 1 lime zested

Garnishes

- Lettuce
- Sliced tomato
- Thinly sliced red onion

DIRECTIONS:

1. Peel and mince the **1 garlic clove**. In a skillet, add **1 TB olive oil** and sauté the **diced onion** and **garlic** over medium heat until translucent. Set aside to cool.
2. Drain and rinse **black beans**. Place in a bowl and lightly mash with a fork, retaining some consistency.
3. To the bowl of mashed black beans, add the **corn**, **1 tsp chipotle in adobo OR to taste (measure out)**, **cooled garlic/onion mixture from step #1** and **chopped cilantro**, mix well.
4. Add the **panko breadcrumbs**, **Black Bean Burger Blend**, **beaten egg**, and **salt & pepper** to taste. Mix until everything is well combined. Let mixture stand for 10 minutes in the refrigerator.
5. Form cooled bean mixture into patties about the size of the bun. **STOVETOP METHOD:** Heat **2 TB oil** and **2 TB butter** in a non stick skillet over medium low heat. Sear **patties** in skillet and cook 7-8 minutes on each side. Top patties with **cheddar cheese** towards the end while cooking the second side to allow cheese to melt. **OVEN METHOD:** Preheat oven to 425 degrees. Coat a baking sheet with **cooking spray**. Place patties on baking sheet and bake 12 minutes. Remove from oven and flip patties over and bake for an additional 10 minutes. Top with **cheddar cheese** and broil on low for 1 minute to melt cheese.
6. Toast **hamburger rolls** face down in a griddle or skillet with a little bit of butter.
7. Combine all ingredients in a bowl and stir to combine to make **Chipotle Mayonnaise**.
8. Spread **chipotle mayonnaise** on buns, place burger and top with **lettuce**, **tomato** and **thinly sliced red onion**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Kerala Bindi (Okra) Masala

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

407 calories

12g total fat

452mg sodium



INGREDIENTS: **** Items not included in kit**

- 5 TB Vegetable or Olive Oil**
- 1 lb. Okra, sliced into 1 inch pieces
- 2 tsp Cumin seeds
- 1.5 cups onions, diced
- Salt, to taste**
- 3 cloves garlic, minced
- 2 inch piece of Ginger, peeled & minced or grated
- Bindi Masala Blend (1/4 tsp cayenne pepper, 2 tsp coriander powder, 1/2 tsp turmeric, 1/2 tsp ground cumin)
- 1/4 tsp red pepper flakes, use amount based on desired spice preference
- 2 large tomatoes, chopped
- 1 cup Plain Greek yogurt
- 1.5 cups Basmati Rice
- 1 tsp Garam Masala

DIRECTIONS:

1. Wash and dry **okra**. Slice okra into 1 inch pieces (trimming and discarding both ends), set aside. Peel and mince **3 garlic cloves**, set aside. Peel and grate or mince **ginger**, set aside. Wash and dry **tomatoes**, chop, and set aside.
2. Heat **2 TB oil** in a large skillet over medium-high heat. Add **sliced okra** and cook for 3-4 minutes. Remove from pan with a slotted spoon and place on a paper towel lined plate, set aside.
3. To the same pan add **2 TB oil, cumin seeds, diced onions, salt to taste** and sauté for 5 minutes or until onions become translucent. Then add the **grated/minced ginger, minced garlic cloves, Bindi Masala Blend, 1/4 tsp red pepper flakes (use amount based on your desired spice preference), and chopped tomatoes**. Stir well to combine and simmer for 6-7 minutes. Add **yogurt**, mix well and let mixture come to a boil. Then cover and reduce to a simmer for 4 minutes. Remove lid, add **1 cup water** and mix well, continue simmering for an additional 4 minutes. Add **cooked okra** and **Garam Masala** and simmer for 3 minutes. Serve over **cooked rice**.
4. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.

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