



Cheeseburgers

Cooper® Black Bean Burger with Sharp Black Pepper Cheese



SLICE



Serves: 4



Prep Time: 20 min



Cook Time: 20 min



Total Time: 40 min

Ingredients

- 2-15-ounce cans black beans, drained and rinsed (keep cans separate after draining and rinsing)
- 2 tablespoons parsley, chopped
- 2 tablespoons cilantro, chopped
- 1 egg*
- 1 cup yellow onion, finely diced
- 1 teaspoon garlic, chopped
- 1/2 cup bread crumbs
- Salt and pepper to taste
- 8 slices Cooper® Sharp Black Pepper Cheese
- 4 whole-grain buns
- Mayo (optional)
- Lettuce (optional)
- Tomato (optional)

Directions

1. Using a food processor, combine 1 can of black beans, parsley, cilantro and egg until blended. Take the mixture from the food processor bowl and add to a large mixing bowl. Add the second can of black beans. Add finely diced onion and garlic, then add the bread crumbs. Mix by hand until properly incorporated, the mixture should look coarse. Season to taste.
2. Divide the batch into four portions and shape into burger patties.
3. Grill the burger patties on each side for 5-8 minutes or until desired doneness. Place two slices of Cooper® Sharp Black Pepper cheese on each of the patties in an "X" pattern. Allow to melt.
4. If serving with optional burger toppings, spread mayo on bottom portion of whole-grain bun. Layer lettuce and tomato. Place Cooper® cheese-covered burgers on top, then cap off with the top of the bun.

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.