

Grilled Pumpkin & Black Bean Burger



Profitability:

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Ingredients:

1 tbsp canola oil

75g red onion, diced

90g red pepper, diced

3 garlic cloves, minced

1 tsp ground cumin

1 15oz can organic black beans, rinsed & dried

1 tsp kosher salt

2 chipotle peppers, minced

45g fresh corn

3 tbsp pumpkin

90g vegan breadcrumbs

65g pecan, chopped

Steps:

Dice the onion and pepper with the garlic. Heat the oil over a medium heat and add the garlic

mixture and corn and sauté for 3 minutes. Remove from heat and set aside

Place the black beans in a deep bowl and mash about half; leaving the other half whole. Add the pumpkin, sautéed vegetable mixture, chipotle peppers, pecans, breadcrumbs and cumin and mix well

Form into 4 large patties and refrigerate

Heat grill on medium. Brush the patties with canola oil and grill for 3-5 minutes each side

Remove and serve on your preferred vegan roll and top with avocado spread, fresh roasted tomato & caramelised onion, and serve with sweet potato fries