



# Black Bean Power Blend Burger with Avocado Cream

## Servings

6

## Calories

250

## Prep Time

25 minutes

## Total Time

1 hr 10 minutes

## Skill Level

Medium

## Ingredients

### Caramelized Onion

1 yellow onion, halved, peeled and cut into ¼-inch slices

2 tablespoons vegetable oil

Kosher salt, to taste

### Avocado Cream

1 ripe avocado

¼ cup sour cream

Juice of ½ lime

Kosher salt, to taste

### Burger

1 (10 ounce) bag Mann's Veggie Power Blend

1 large garlic clove, minced

1 (15 ounce) can black beans, drained

1 egg

½ cup bread crumbs

1 tablespoon sriracha

1 teaspoon Kosher salt

¼ teaspoon cracked black pepper

2 tablespoons vegetable oil

1 (5 ounce) container Mann's Better Burger Leaf (about 6 leaves)





# Black Bean Power Blend Burger with Avocado Cream

## The Method

### For Caramelized Onion

Begin by caramelizing the onion. Heat a medium saucepan on medium-high. Add oil and onion, then reduce heat to medium. Sauté, stirring occasionally until onion is soft and light golden brown, about 15-20 minutes. Season with salt, remove from heat, and set aside.

### For Avocado Cream

While the onion is cooking, prepare the avocado cream. In a food processor, combine avocado, sour cream, lime juice and a pinch of salt. Process until smooth, then set aside.

### For Burger

To make the burgers, sauté Power Blend for 2 minutes until softened. Add minced garlic and stir for 1 more minute, then remove from heat.

In a medium mixing bowl, mash the black beans with a potato masher or food mill. Add sautéed Power Blend, egg, bread crumbs, sriracha, and salt & pepper, to taste. Stir to combine, then form mixture into 6 patties.

Cook patties in a non-stick skillet over medium-high heat, about 5-6 minutes per side or until nicely browned.

### To Serve

Place 1 burger patty on top of 1 Better Burger Leaf. Top with a couple spoonfuls of the caramelized onion and a dollop of avocado cream. Wrap burger leaf around the patty, close with a toothpick, and serve.

### Nutrition Facts

Serving Size: 179g | Servings: 6

#### Amount Per Serving

Calories 250 | Total Fat 16g (sat 3g trans 0g) | Cholesterol 30mg | Sodium 700mg | Total Carbohydrate 23g | Dietary Fiber 5g  
Sugars 3g (Includes 0g Added Sugars) | Protein 7g | Vitamin D 0% | Calcium 6% | Iron 10% | Potassium 6%