

Greenup County

The Rambling Chefs

Black Bean Burgers with Cabbage Slaw and Mango Chutney

Black Bean Burger:

Ingredients:

24 oz	Black Beans (canned)
¾ cup	Bell Pepper, red small dice
3 oz	Egg, whisked
¾ cup	Panko breadcrumbs
¾ cup	Onion, white pureed
3 T	Garlic pureed
1 T + 1 tsp	Cumin
1 T + 1 tsp	Chili Powder
6 each	Whole Wheat Sandwich Thins
¼ cup	Tomatoes, sliced
	Cooking Spray

Directions:

- 1.2. Mash black beans in a medium bowl with potato masher until smooth
3. Finely chop bell pepper, onion and garlic in food processor. Stir chopped vegetable into mashed beans.
4. Stir egg and seasoning in a small bowl, add to the mashed beans and stir to combine. Mix in breadcrumbs until the mixture becomes sticky and holds together.
5. Divide the mixture into 6 patties
6. Grill each side on the preheated and sprayed griddle for approximately 3 minutes before turning and an additional 3 or until internal temperature reaches 165 degrees.

Quick Cabbage Slaw

2 ½ cups	Cabbage Shredded
½ cup	Red Bell Pepper, julienned
¼ cup	Onion, white thin sliced
1 TBSP	Extra Virgin Olive Oil
1 TBSP	Apple Cider Vinegar
½ tsp	Black pepper

Directions:

1. Prep Cabbage, red bell pepper and onion and place in a large bowl.
2. Whisk together EVOO, vinegar and pepper
3. Combine ingredients in a large bowl toss and set aside until service.

Mango Chutney

Ingredients:

2 TBSP	Corn Oil
4 TBSP	Garlic, minced
1 cup	Onion, White small dice
4 tsp	Fresh Ginger Grated
1 cup	Sugar, granulated
1 cup	Vinegar, White
2 tsp	Mustard Yellow
1 tsp	Cumin
1 tsp	Red Pepper Flakes
½ tsp	Cinnamon
3 cups	Mango, peeled, cubed

Directions:

1. Heat oil in a medium sauce pan over medium heat, add garlic, onion, and ginger
2. Saute until onions are slightly translucent, about 5 minutes
3. Add the rest of the ingredients. Stir well and bring to a gentle simmer over medium/low heat. Cook uncovered for 25/30 minutes or thickened and cooked down.
4. Mash with a potato masher to break down any large chunks of mango.
5. Serve warm or chilled.