

Chipotle Black Bean Burgers

Ingredients

Chipotle Black Beans

- 1 lb dry black beans
- 1 red onion – finely chopped
- 1 bay leaf
- 1 tsp dried oregano
- 1 tsp cumin
- ½ tsp paprika
- 1 tsp salt
- 4 chipotles in adobo
- 2 TBSP olive oil
- 6 cups water

Black Bean Burgers

- 4 cups chipotle black beans
- 1 TBSP olive oil
- ½ red bell pepper – diced
- 1 shallot – minced
- 3 garlic cloves – minced
- 1.5 tsp cumin
- 1 tsp chili powder
- ¼ tsp paprika
- ½ cup panko breadcrumbs
- 2 large eggs
- 1 TBSP Worcestershire sauce
- 2 TBSP mayo
- Salt – to taste
- Pepper – to taste

For Serving

- Pretzel buns
- Cheddar Cheese
- Mustard
- Pickles
- Other desired toppings

Instructions

- Turn Instant Pot on “Sauté” mode
- Add oil, onion, and garlic and sauté for 3-4 minutes
- Add the spices and peppers and stir to combine
- Add beans, salt, and water and stir
- Put the lid on and set to the “Chili” setting for 45 minutes
- Let the steam natural release for 20 minutes or until the pressure valve drops
- Cool the beans completely
- Put 4 cups of the black beans on a foil-lined cookie sheet
- Cook the beans at 325 to dry them out slightly for about 15 minutes
- While the beans are cooking, sauté the garlic, onion, and pepper in olive oil for about 5 minutes or until soft
- Mix all of the burger ingredients together except the beans
- Add the beans and mix with a fork, mashing some beans and leaving some whole
- Turn oven up to 375
- Form mixture into patties and place on the cookie sheet
- Cook for 10 minutes on each side
- Add cheese a couple minutes before removing the burgers to allow it to melt
- Put the buns in the oven for a couple minutes at the end of the cooking process
- Assemble your burgers