

## THE WAY THE COOKIE CRUMBLES



### **Black Bean Burgers** (rewritten but hardly adapted from [The Food Lab](#))

Makes 8 to 12 burgers (the patties in the pictures are each one-tenth of the recipe)

If your cashews aren't toasted already, put them in the oven before the beans. Don't do what I did and combine the two on one baking sheet; they're treated separately in the food processor.

The recipe makes a lot. I formed the mixture into patties and froze most of them. They defrost and cook up perfectly.

According to the original recipe, you can grill these as well as pan-fry them, but I didn't try it. You'd want to brush the sides with oil before grilling.

2 (15-ounce) cans black beans, rinsed and drained  
3 tablespoons vegetable oil, divided  
1 medium onion, finely chopped  
1 large poblano pepper, finely chopped  
3 medium cloves garlic, minced  
1 chipotle chile in adobo sauce, finely chopped, plus 1 teaspoon sauce  
 $\frac{3}{4}$  cup toasted cashews  
 $\frac{1}{2}$  cup finely crumbled feta or cotija cheese  
 $\frac{3}{4}$  cup panko bread crumbs  
2 tablespoons mayonnaise  
1 large egg  
Kosher salt and freshly ground black pepper

1. Heat the oven to 350 degrees. Spread the black beans evenly on a rimmed baking sheet; bake until the edges are splitting, about 20 minutes.

2. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add the onion, poblano, and a pinch of salt, and cook, stirring occasionally, until the onion is just beginning to brown at the edges, about 8 minutes. Add the garlic; cook, stirring constantly, until fragrant, about 1 minute. Remove from the heat and stir in the chipotle chile and sauce. Transfer the mixture to a large mixing bowl.

3. In a food process, pulse the cashews until the largest pieces are about  $\frac{1}{4}$ -inch. Transfer to the bowl with the vegetables. Transfer the dried black beans and cheese to the food processor and pulse until the largest pieces are about  $\frac{1}{4}$ -inch. Transfer to the bowl with the cashews. Add the bread crumbs, mayonnaise, egg, 1 teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper to the mixing bowl. Stir until evenly combined.

4. Form the mixture into patties  $\frac{3}{4}$ -inch thick. You can make them any size you want; I made about ten patties from this recipe, and they were each about 4 inches in diameter.

5. In a large nonstick skillet, heat 1 tablespoon oil over medium heat. Add half of the patties and cook, without moving, until crisp and browned on the bottom, about 5 minutes. Flip the patties and continue cooking until the second side is browned, another 5 minutes. Repeat with the remaining patties.

## **Lime-Cilantro Slaw**

½ cabbage, sliced thinly

¼ cup lime juice

½ cup Greek yogurt

4 green onions (or half of a small red onion), minced

¼ teaspoon salt

1 large or 2 small carrots, shredded

2 tablespoons finely chopped cilantro

Combine all ingredients.