



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Rock-It Burgers

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Cooked black beans	100 oz	25 cups
Red bell peppers	33 oz	8.3 cups
Garlic	0.8 oz	8 Tbsp
Cumin	0.8 oz	8 Tbsp
Cayenne pepper	0.4 oz	8 tsp
Salt	2 oz	4 tsp
Whole wheat flour	21 oz	8.3 cups
Cannellini beans	133 oz	14.5 cups
Chipotle peppers canned	12 oz	25 Tbsp
Canola oil	4 oz	8 Tbsp
Onion powder	5 oz	8 Tbsp
Baby Spinach	150 oz	12.5 cups
Whole wheat potato rolls	60 oz	50
Onion	33 oz	8.3 cups

Directions

1. Preheat oven to 350 degrees F. Finely chop onions and garlic in a food processor, add black beans until smooth.
2. Pour bean mixture into a bowl and fold in whole wheat flour, cumin, cayenne, salt and lastly the red peppers.
3. Separate mixture into 6 (or 50) balls, flatten with the palm and form into 1/2" thick x 4" diameter patties.
4. Lightly coat 14" x 16" tray (or 4' x 6'- for 50 servings) with canola oil.
5. Bake for 20 minutes at 350 degrees F, flipping once after 10 minutes.
6. Finely chop chipotle pepper in blender. Add tofu, canola oil, salt and onion powder, blend until smooth.
7. Place 2 Tbsp chipotle spread on bun with spinach and the burger.

Notes

This is a spicy spin on a classic bean burger. The widely loved black beans have a sweet subdued nature that allow the cumin and cayenne flavor to explode onto the taste buds. Topped with a super special sauce that contains the intense heat of the chipotle pepper layered with the creamy fullness of cannellini beans the Latin peppers' own smoky flavor. Instead of the delicious

topping being dangerously fatty, this sauce only adds to the fantastic nutritional value of the meal. And no worries about this being an incomplete vegetarian protein, the protein of these black beans are made complete by combining them with the whole wheat flour and whole grain bun. This protein packed meal is nutritious, simple and delicious.

Additional Tips:

If using dry beans, soak overnight (covered and refrigerated), 1 qt cold water for every 1 lb of beans. For quick soak, boil 1-3/4 qt for every 1 lb beans, boil gently until tender for about 2 hours.

My Notes

