



## Black Bean Burger with Whiskey BBQ Sauce

By Chef Veera Gaul, Ph.D.



### Ingredients

- 2 (14 oz) cans black beans, drained, rinsed and patted dry
- 1 tablespoon O&V [Garlic EVOO](#) \*
- 1 medium yellow onion, finely chopped (about 1 cup chopped onion)
- ½ red bell pepper, finely chopped (about ¾ cup chopped bell pepper)
- 4-6 garlic cloves, finely chopped
- 2 large eggs (See Chef Tip to make vegan)
- ½ cup feta cheese, chopped (eliminate to make vegan)
- 1 tablespoon Worcestershire Sauce (See Chef Tip to make vegan)
- 3 tablespoons O&V [Whiskey BBQ Sauce](#) (plus more for serving) \*
- ½ cup breadcrumbs
- 2 teaspoons cumin powder
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon O&V [Smoked Paprika](#) \*
- ¼ teaspoon salt
- ½ teaspoon fresh cracked pepper

### To Serve

- ¼ large red cabbage, sliced thin
- 1 ½ tablespoon O&V [Guacamole Dip Seasoning](#) \*

1 tablespoon water  
3 tablespoons O&V [Lime Grape Seed Oil](#) \*  
2 tablespoons O&V [Marc de Champagne Vinegar](#) \*

Avocado Slices  
Bibb Lettuce leaves  
Whiskey BBQ sauce  
Red Onion Slices

## Preparation

Preheat the oven to 325F. Spread the black beans on a parchment lined baking sheet and bake for 15 minutes until slightly dried out. Remove and place ¼ of the beans in a bowl and gently mash leaving large pieces.

While the beans are in the oven, heat a medium skillet and add the Garlic EVOO. Add the chopped onion, bell pepper and garlic and sauté over medium heat for 6-8 minutes until soft and beginning to turn color. Set aside to cool and blot gently with a paper towel to remove excess oil and moisture.

In a food processor, add the eggs, cheese, Worcestershire sauce, Whiskey BBQ sauce, breadcrumbs, cumin, chili powder, onion powder, garlic powder, smoked paprika, salt and pepper. Add the onion and bell pepper mix and pulse to mix together well. Add the black beans from the baking sheet (not the bowl) and pulse to combine (don't over process, you want it chunky). Finally add in the black beans from the bowl and stir in.

Form the mixture into patties using 1/3 cup of mixture for each patty. Raise the temperature of the oven to 375F. Place patties on a parchment lined baking sheet and bake in the oven for 10 minutes. Remove, flip over and bake for an additional 10 minutes.

While the black bean burgers are baking, thinly slice the red cabbage. In a bowl add the guacamole dip seasoning and water and let soak for 5 minutes. Add the Lime oil and champagne vinegar and whisk to incorporate. Toss with the cabbage.

Serve the burger by laying some bibb lettuce leaves on the bottom half of the bun, add some red cabbage slaw. Place a black bean burger and top with slices of avocado and red onion. Drizzle the top with additional Whiskey BBQ sauce and serve

Makes 6-7 burger patties  
Total Time: 45 minutes

### **Chef Tip**

To make these vegan, eliminate the cheese and replace the Worcestershire Sauce and eggs as follows:

Replace the Worcestershire sauce with ½ tablespoon aged balsamic, ½ tablespoon soy sauce, ½ teaspoon ground yellow mustard/dry mustard powder.

Egg substitute: 2 tablespoons ground flax seeds + 4-5 tablespoons water. Sit for 5 minutes in fridge. Add to black bean burger mix

### **Notes**

\* The [Garlic EVOO](#) adds another layer of garlicky flavor and the [Smoked Paprika](#) adds a smoky, outdoorsy depth of flavor making these burgers taste meaty and right off the grill! Our [Whiskey BBQ sauce](#) is delicious and adds tremendous flavor. You can use other high-quality ingredients as substitutes.

This slaw is great as an accompaniment to this burger, but add additional veggies (carrots, radish, green cabbage, parsley, mango slices, yellow peppers) and it can stand on its own as a side dish to any burgers or BBQ. The [Guacamole Dip Seasoning](#) gives the slaw a rich, slightly spicy flavor that is balanced by the zingy [Lime oil](#) and sweet light and crisp [Marc de Champagne vinegar](#).

Categories: Entrée, Soups & Salads, Vegetarian, Vegan, Gluten Free, Dairy Free, Best Vegan Burger, Veggie Burger, Black Bean Burger, Whiskey BBQ Sauce, Beer BBQ Sauce, Lime Oil, Guacamole Dip, Marc de Champagne Vinegar, Smoked Paprika, Garlic EVOO, Cabbage Slaw, Vegan Eggs, Worcestershire Substitute, Best Veggie Burger