

Bean and Beef Onion Smash Burger with Jalapeño Popper Sauce



 **Prep:** 15 minutes

 **Cook:** 30 minutes

 **Yield:** 6 patties (5 oz. each)

INGREDIENTS

6 hamburger buns

3 tablespoons olive oil,
divided

1 can (15-16 oz.) black beans,
rinsed and patted dry

1 pound ground beef (90/10)

1 tablespoon
Worcestershire sauce

1 teaspoon salt

½ teaspoon pepper

1 large yellow onion,
sliced paper thin

6 slices sharp cheddar
cheese

6 slices bacon, *cooked*
(optional)

1 large tomato, *sliced*

6 lettuce leaves

18 hamburger pickle slices

Jalapeño Popper Sauce

½ cup mayonnaise

4 ounces cream cheese,
softened

2 tablespoons pickled
jalapeño slices, *minced*

DIRECTIONS

1. Brush inside of hamburger buns with 1 tablespoon olive oil. Toast buns, oil side down, in a large heavy bottomed skillet at medium-high heat for 2-3 minutes or until golden brown. Set aside.
2. In a medium sized bowl add one can black beans that have been rinsed and patted dry. Using a fork, mash beans against the side of the bowl for 1-2 minutes, leaving some large chunks of beans. Add ground beef, Worcestershire sauce, salt and pepper to the beans. Mix ingredients by hand or spoon until well combined. Divide mixture into 6 equal portions and form into round patties about a ½ inch thick. Set aside.
3. Add remaining 2 tablespoons oil to the large skillet, turn on to medium-high heat. Divide onion, sliced thin, into 6 portions. Once the skillet is hot, place one portion of onions on the skillet. Immediately top onions with a hamburger patty and using a spatula, smash the patty firmly down onto the onions. Repeat with 2 more portions of onions and patties. Cook patties 5-6 minutes undisturbed, until onions are turning golden brown. Flip patties and cook an additional 5 minutes until cooked through. Add one slice of cheese per patty the last minute of cooking.
4. Remove cooked patties to a plate and repeat with remaining onions and patties.
5. While the hamburger patties are cooking, add mayonnaise, softened cream cheese and minced jalapeños to a small bowl. Whisk sauce until cream cheese is fully incorporated. Alternatively, sauce ingredients can be placed in a food processor and blended until smooth.
6. To assemble burgers, spread both sides of the hamburger buns with jalapeño popper sauce. On the bottom bun place hamburger patty, bacon (if using), lettuce, tomato slice and pickles, top with remaining side of the bun and enjoy!

Recipe created by
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**Canned
Beans**

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