

BLACK BEAN BURGERS

If you're trying to cut back on meat, but miss the experience of burgers on the grill, here's a vegetarian version that will make you wonder why you ever ate meat in the first place. Okay, that may be an overpromise, but these bean burgers are still pretty tasty.

INGREDIENTS (Makes 4 burgers)

1 (15.0-ounce) can black beans, drained and rinsed

1 egg

1/2 sweet onion, chopped

1 cup panko

1 tablespoon KK's Magic Rub*

1/2 teaspoon hot sauce

½ cup crumbled feta cheese

1 tablespoon extra-virgin olive or canola oil

6 brioche buns

Ketchup, avocado, lettuce, tomato, red onion slices for garnish

PREPARATION

In a large bowl, mash the beans.

Add egg, onion, panko, magic rub, hot sauce and cheese. Mix well to combine, then shape into 4 patties.

Oil grates on grill. Bring grill to medium heat. Place patties on grill and cook for five minutes. Flip and cook for five minutes more until cooked through.

Transfer to buns.

Garnish with ketchup, avocado, lettuce, tomatoes and red onions. Or you can dress it up with an aioli, melted cheese or whatever else you like on your burgers.

***KK's MAGIC RUB**

INGREDIENTS

2 Tbsp Paprika

2 Tbsp Kosher Salt

1 Tbsp Ground Pepper

2 Tbsp Garlic Powder

1 Tbsp Onion Powder

1 Tbsp Brown Sugar

2 tsp Chipotle powder

1 tsp Cayenne

1 tsp Dried oregano

1 tsp Cumin

PREPARATION

Mix all ingredients together.

Adjust to taste.

Store in airtight container. Best used within three months.