

AVOCADO BLACK BEAN BURGER

Dairy Free | Vegetarian

Serves 3 | Active Time 15 Minutes | Total Time 30 Minutes



INGREDIENTS :

8 oz Farmhouse Kitchen Black Bean Veggie Burger Blend
3 count Slow Dough Bread Co. Whole Wheat Bun
1 G&S Groves Avocado
2 oz Villa Klehr Farms Arugula
4 oz Farmhouse Kitchen Roasted Garlic Aioli
½ lb J&B Farm Broccoli
½ lb Johnson's Backyard Garden Carrots
4 oz Farmhouse Kitchen Red Wine Vinaigrette

YOU WILL NEED :

Canola, Olive, or Other Neutral-Tasting Oil
Salt & Pepper

INSTRUCTIONS :

Preheat the oven to 350°F. Set a large skillet over medium heat. Add 1 tbsp. oil. While the oil heats, form two black bean burger patties, about the size of the buns (4-5"). When the oil is hot, carefully add the patties, they should sizzle some. Cook for 2-3 minutes on each side or until golden brown. Transfer burgers to a paper towel-lined plate to absorb any excess oil.

As the burgers are resting, drizzle or brush the cut side of the whole wheat buns with olive or canola oil. Toast the buns in the oven for 4-5 minutes until lightly golden-brown. Alternatively, you can toast them in a skillet over medium heat until crisp and golden.

To prepare the slaw, use a mandoline or very sharp knife to shred the broccoli thinly. Set aside in a large mixing bowl. Then using a mandoline, grater or vegetable peeler, thinly slice/grate the carrots. Add to the bowl with broccoli. Toss with Slaw Dressing, salt, and pepper to taste. Set aside in the fridge until ready to serve. Slice the Avocado and set aside.

Schmear whole wheat buns with Roasted Garlic Mayonnaise. Top with black bean burger patty, then arugula and avocado. Serve with a side of broccoli-carrot slaw.

**Farmers and vendors subject to change based on availability

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