

# 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
- ¼ head J&B Farm Red Cabbage
- 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 three black bean burger patties, about the width of the buns (4-5"). When the oil is hot 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 excess oil.

While burgers rest, 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 cabbage thinly. Set aside in a large mixing bowl. Then using a mandoline, grater or vegetable peeler, thinly slice/grate the carrots and add to the bowl with cabbage. Toss with Red Wine Vinaigrette, 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 cabbage-carrot slaw.

\*\*Farmers and Vendors subject to change based on availability

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