Black Bean Burger with Spicy Avocado Puree

1 can black beans, drained and rinsed
1/4 cup raw sunflower seeds, ground
2 garlic cloves
1/2 red bell pepper, seeded and quartered
1/2 red onion, quartered
1 tsp cumin
1/2 tsp ground red chipotle seasoning
1/2 tsp sea salt
1/4 tsp fresh cracked black pepper
1 egg
1/2 cup breadcrumbs
2 T olive oil

In a medium bowl, press black beans with a fork until lightly mashed. Add ground sunflower seeds and mix. In a food processor, finely chop garlic, bell pepper and onion. Stir vegetable mixture into mashed beans and season with cumin, chipotle seasoning, salt and pepper. Stir the egg into the mashed beans and then add bread crumbs until the mixture is sticky and holds together. Form 2 tablespoons of mixture into small patties.

Heat sauté pan to medium and add olive oil. Place patties in pan and cook for about 3 minutes each side. Place black bean burger in favorite toasted slider bun or green and top with Spicy Avocado Puree. Add finely diced fresh tomatoes to garnish.

Spicy Avocado Puree:
1 ripe avocado
1 fresh squeezed lime
1/2 cup plain Greek yogurt
1/4 tsp cumin
1/4 tsp ground red chipotle seasoning
1/4 tsp sea salt
1/4 tsp fresh cracked black pepper

In food processor, puree avocado with lime juice until smooth. Add Greek yogurt, cumin, chipotle seasoning, sea salt and black pepper. Blend again until smooth.

Recipe by Garden Chef Megan McCarthy