



RECIPE | PEPPERS

BLACK BEAN AND SWEET PEPPER PATTIES



25 min

5 min
PREP.

20 min
COOKING



4



easy

INGREDIENTS

Recipe created by *Tanya Anurag*

1 lb Pure Flavor® Aurora Bites Mini Sweet Peppers, divided
2 cups black beans, boiled and strained
½ cup onion, chopped
¼ cup cilantro, chopped
4 tbsp olive oil, divided
2 tbsp garlic, finely chopped
2 tbsp dried parsley

2 tsp Italian seasoning
1 tsp onion powder
1 tsp garlic powder
1 tsp paprika
Salt, to taste
Breadcrumbs, optional

DIRECTIONS

- 1 Heat a pan with 2 tbsp olive oil. Once the oil is hot, add onion and garlic, cooking until the onion becomes translucent and the garlic starts to turn golden brown.
- 2 Dice 1 cup of peppers, add to pan and sauté for 2 mins. Add the beans, cilantro, all the dry spices and mix well.
- 3 Cook for 3 more minutes, then set aside for 10 mins to cool.
- 4 Once the bean mix has cooled down, put the mixture in a food processor and blitz till everything comes together. Season to taste. If the mixture has a lot of moisture, add breadcrumbs then form into patties.
- 5 Add remaining oil to the pan and cook the patties for 2 minutes per side. While the patties cook, add the remaining whole peppers to the pan and cook for 2 minutes to soften.
- 6 To serve, top patties with softened peppers and your choice of bun.

Pro Tip: If cooking the beans at home, soak them for up to 8 hours or overnight and pressure cook with some salt in the Instant Pot on bean setting. Be sure to drain off the water completely. You can also use canned black beans for this recipe.

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