



Southwest Chia Black Bean Burger

This burger is a southwest sensation! These tasty turkey burgers have black beans mixed right in. This not only tastes great, but adds more fiber & means you use less meat. The burgers are seasoned with chili powder, and when you add the easy, zesty guacamole & a tomato slice...you've got a healthy hit!

Burger Ingredients

- 1/2 pound lean ground turkey
- 2 burger buns
- 1/2 cup black beans (rinse & drained)
- 1 tbsp dry MySeeds Chia
- 1/4 tsp ground cumin
- 1/4 tsp salt
- 1 tbsp chili powder
- 1 egg

Topping Ingredients

- 1 tbsp chopped sweet red onion
- 1 tbsp of your favorite salsa
- 1/2 tsp lime juice
- 1/2 medium avocado
- 1/4 tsp salt
- 2 tomato slices

To prepare the burgers, rinse & drain your 1/2 cup of canned black beans. Place in a large bowl, and mash the beans. This should be somewhat chunky. Add the egg, spices, chia seeds & salt, then stir well to combine. Next, add the ground turkey and mix gently by hand until thoroughly combined. Over-mixing will result in tough burgers.

Before cooking, the burger mixture will be very soft. Flipping them is not recommended. Burger patties will become more solid as they cook.

Divide the burger mixture into two equal parts and place on your prepared grilling surface. Cook for about 4 minutes. With a lidded grill there's no need to flip them. When done, burger patties will be firm, lightly browned and cooked all the way through.



These burgers are NOT recommended for the outdoor grill. A solid cooking surface is recommended, so they hold together while cooking. You can use tin-foil. Indoor

mini-grills, skillet-style grills, and broiler pans all work well, if sprayed first with cooking oil spray. The burgers flatten while cooking, and if the surface isn't clean, they can sometimes pull apart. If grilling multiple burgers, clean the grill between uses.

While the burgers cook, you can make the extra-easy guacamole topping.

It's so simple, but it tastes so fresh. First, mash up the avocado half with a fork until it's fairly smooth. Stir in the onion, lime juice and the tablespoon of your favorite salsa, along with the salt. Mix well to combine, then refrigerate in a covered container until ready to use. The salsa you choose controls the heat.

To serve, you can toast the buns in the toaster, or in the broiler if you used it for the burgers. It's best to place the tomato slice on the bottom bun, then add the burger patty. (This way, it won't slide off) Top the burger patty with a spoonful of guacamole topping, then add the lid and you're ready to go!

*This is a great illustration of how fiber can be added to normally fiber-free meat & how chia seeds combine flavors & help the burgers cling together with their gelling power.