

Edible Perspective

1.6.15

Enchilada Veggie Burgers gluten-free, vegan // yields 7 medium patties

- 1/2 cup diced red onion
- 1 cup diced red pepper
- 1 tablespoon minced garlic
- 1 cup diced baby bella mushrooms (or cremini/button)
- 1/2 cup frozen corn
- 4oz can mild diced green chiles
- 1/4 teaspoon cumin
- cayenne pepper
- salt + pepper
- cooking oil
- 1 3/4 cup black beans (rinsed + drained)
- 1/3 cup finely ground cornmeal
- 4-6 tablespoons cup corn flour
- 9, 6-inch corn tortillas
- [enchilada sauce](#), limes, avocado, cilantro, hot sauce, green onion, cheese, etc. (to top)

Heat a pan over medium with 1/2 tablespoon of oil. Once hot, add the red onion and stir frequently for about 3-4 minutes. Add the red pepper and cook for another 4-5 minutes until softened. Add in the garlic and stir for about 30 seconds – 1 minute. Next, add in the mushrooms and cook until just softened, about 3 minutes. Stir frequently. Stir in the corn, green chiles, cumin, cayenne (if using), and about 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook for 1-2 minutes then remove from heat. Let cool for 5 minutes.

Place 1 1/4 cup of the cooked onion mixture into your food processor with 1 cup of the beans. Blend or pulse until contents are of similar size and starting to bind together (about 20 pulses). Texture will be similar to egg salad. (Refer to photo 5.)

Place excess beans in a large bowl and lightly mash with the back of a fork or spoon. Place the rest of the onion mixture, food processor contents, cornmeal, and 1/4 cup corn flour into the bowl. Stir to combine. Taste a bit of the mixture and add more salt, pepper, and/or cayenne if needed.

Stack 2 tortillas and chop into 1/4-inch pieces. Stir into the bean mixture. Cover and place the bowl in the fridge for 30 minutes to let the flours absorb some of the liquid.

While chilling, make [enchilada sauce](#). (Or use store-bought.)

Heat a small pan over medium-high heat with a drizzle of oil. Once hot, add 1 tortilla and cook until starting to bubble, about 30 seconds - 1 minute. Flip and cook the other side. Place on a cooling rack and continue with the remaining tortillas (or however many you're going to use at this time). Re-warm in the oven before serving if desired.

Before cooking, check the moisture of the burger mixture. If it seems too wet add a few tablespoons more of corn flour. The mixture will be fairly moist (definitely not stiff/dry or soggy) and easily formed into patties.

Skillet method:

Heat a pan or skillet over medium (or a touch below) with enough oil to coat the pan. Gather about 1/2 cup of the mixture, pack into a ball, and then press into a patty between your hands (about 1/2 inch thick) and pack in the edges. Place patty in heated pan and repeat. Cook each patty for about 5-6 minutes, then flip and cook for another 5-6 minutes. If browning too quickly reduce your heat. You want a nice golden brown color on both sides. Repeat with remaining patties. (Keep warm in a 200° F preheated oven.)

Place 1 tortilla on a plate with enchilada sauce, the veggie burger, more enchilada sauce, a big squeeze of lime, and whatever other toppings you'd like. Or, if you want to roll in the tortilla cut the burger in half and make 2 tortilla wraps.

Oven method:

Preheat oven to 375° F. Place a piece of parchment on a large baking sheet. Gather about 1/2 cup of the mixture, pack into a ball, and then press into a patty between your hands (about 1/2 inch thick) and pack in the edges. Place each patty on the parchment lined pan. Bake for 12-14 minutes then flip and bake for another 10-12 minutes. Spoon on about 2 tablespoons of the enchilada sauce over each burger. Bake for another 5-7 minutes until the sauce thickens a bit.

Plate as described in the skillet method.

Notes: *If you don't have finely ground cornmeal you can grind your cornmeal to a finer grind in a blender or food processor. Stop before it's soft like flour. Masa Harina can be subbed for the corn flour if needed. I don't recommend using all corn flour or all cornmeal as the texture of the burger will change.*