

Black Bean Burger (half recipe)	Black Bean Burger (standard recipe)	Black Bean Burger (double recipe)
1 avocado(s)	1 avocado(s)	2 avocado(s)
1 bell pepper(s) (green)	1 bell pepper(s) (green)	1 bell pepper(s) (green)
1 small bunch cilantro	1 small bunch cilantro	1 small bunch cilantro
1 bulb garlic	1 bulb garlic	1 bulb garlic
1 jalapeño(s)	1 jalapeño(s)	2 jalapeño(s)
1 onion(s) (red)	1 onion(s) (red)	2 onion(s) (red)
1 onion(s) (yellow)	2 onion(s) (yellow)	3 onion(s) (yellow)
2 leaves romaine lettuce	4 leaves romaine lettuce	8 leaves romaine lettuce
1-2 sweet potato(es)	4 sweet potato(es)	6-8 sweet potato(es)
1 (6 oz) can(s) tomato paste	1 (6 oz) can(s) tomato paste	1 (6 oz) can(s) tomato paste
1 tomato(s)	1 tomato(s)	2 tomato(s)
1 package(s) Ezekiel hamburger buns (or English muffins)	1 package(s) Ezekiel hamburger buns (or English muffins)	1-2 package(s) Ezekiel hamburger buns (or English muffins)
2 (15 oz) can(s) black beans	3 (15 oz) can(s) black beans	6 (15 oz) can(s) black beans
<i>0.125 cup(s) nutritional yeast</i>	<i>0.25 cup(s) nutritional yeast</i>	<i>0.5 cup(s) nutritional yeast</i>
<i>0.25 cup(s) breadcrumbs (whole wheat)</i>	<i>0.5 cup(s) breadcrumbs (whole wheat)</i>	<i>1 cup(s) breadcrumbs (whole wheat)</i>
<i>pickles</i>	<i>pickles</i>	<i>pickles</i>
<i>cajun seasoning</i>	<i>cajun seasoning</i>	<i>cajun seasoning</i>
<i>0.5 tsp chili powder</i>	<i>1 tsp chili powder</i>	<i>2 tsp chili powder</i>
<i>coconut oil</i>	<i>coconut oil</i>	<i>coconut oil</i>
<i>coconut spray oil</i>	<i>coconut spray oil</i>	<i>coconut spray oil</i>
<i>0.25 tsp cumin</i>	<i>0.5 tsp cumin</i>	<i>1 tsp cumin</i>
<i>(don't forget) greens</i>	<i>(don't forget) greens</i>	<i>(don't forget) greens</i>