



The **ingles** Table

with David Orozco
SPICY BLACK BEAN SLIDERS WITH GUACAMAME

Shopping List

FOR THE SLIDERS:

- 1 can low sodium black beans, drained
- 1/2 cup spicy salsa (or other)
- 1/2 crush corn chips (about 5-6 chips)
- 1 teaspoon ground cumin
- 1 tablespoon seed oil (plus 1 tsp for extra)

FOR THE GUACAMAME:

- 2 ripe avocados, peeled and pit removed
- 1 cup shelled edamame, thawed
- 1/4 red onion, diced
- 1/4 red bell pepper, minced
- Juice of 2 limes (to taste)
- 1/2 tbsp sea salt
- 10 sprigs cilantro, minced

Cooking Instructions

BLACK BEAN SLIDERS

1. Add 1/2 can of black beans drained to a bowl and mash it with a fork
2. Add 1/2 cup of salsa, 1/2 cup of hand-crushed corn chips and mix everything
3. Add the rest of the black beans, mix and make small 2 inches patties
4. Cook the patties over a pan with grape seed oil, both sides
5. Serve the patties with ciabatta bread

GUACAMAME

1. Process 1 cup of edamame and add to it a bowl with 2 smashed avocados and mix
2. Incorporate 1/4 red onion diced
3. Add the juice of 2 limes and salt to taste
4. Add 1/4 red bell pepper
5. Mix and serve

