



be cool  
grandpa

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BeCoolGrandpa.com

Inspired by: The Food Network

## Southwestern Veggie Burger with Slaw

Serves: 4

Prep time: 1 hr  
Cook time: 10 mins

Skill level:

Cooking method: Stove top or grill  
with cast iron skillet.



### ingredients:

#### Burgers:

- 3/4 cup frozen corn
- 1 tablespoon plus 2 teaspoons olive oil
- 1 red bell pepper, diced
- 1 medium shallot, finely chopped
- Kosher salt and freshly ground black pepper
- 2 teaspoons minced chipotle peppers in adobo sauce
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 large clove garlic, minced
- One 15-ounce can pinto beans, drained, rinsed and patted dry
- 1 large egg
- 1/2 cup finely diced Cheddar (about 2 ounces)
- 6 tablespoons cornmeal

#### Slaw:

- 1/2 cup chopped fresh cilantro
- 2 tablespoons mayonnaise
- Juice of 1 lime
- 1 small serrano chile, seeded if desired and minced, optional
- Kosher salt
- 2 cups packaged coleslaw mix
- 1 ripe avocado, cut into 8 to 12 slices, for serving





## instructions:

Step 1) For the burgers: Cook the corn according to the package directions; set aside.

Step 2) Meanwhile, heat 2 teaspoons of the oil in a medium skillet over medium heat. Add the bell pepper and shallot and sprinkle with salt. Cook, stirring, until the bell pepper is tender, about 4 minutes. Add the corn, chipotle, coriander, cumin and garlic and cook 1 minute more. Transfer to a large bowl to cool, about 15 minutes.

Step 3) Put the beans in a food processor with the egg and 1/4 cup of the cooled vegetables and pulse until the mixture is creamy but still a little chunky. Add the bean mixture to the remaining cooled vegetables along with the Cheddar, 3 tablespoons of the cornmeal, 1/2 teaspoon salt and several grinds of black pepper. Stir to combine.

**NOTE: To make the perfect patty use “The Be Cool Burger Board”. It works for all types of burgers. It’s easy and fast! See the Burger Board at [BeCoolGrandpa.com](http://BeCoolGrandpa.com)**

Step 4) Shape the bean mixture into 4 patties, each about 4 inches in diameter. Put the remaining 3 tablespoons cornmeal on a plate. Coat the patties in the cornmeal, put on a platter and chill until cooled through and firmer, about 20 minutes.

Step 5) For the slaw: Stir together the cilantro, mayonnaise, lime juice, serrano if using and salt to taste in a medium bowl. Add the coleslaw mix and toss; chill until ready to serve.

Step 6) Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add the patties and cook until golden brown on the first side, about 3 minutes. Flip and cook until golden brown on the second side and the cheese is melted, 2 to 3 minutes longer.

Step 7) To serve, put 2 or 3 slices of avocado on each serving plate. Add a burger and top with a spoonful of slaw.



## grandpa's thoughts:

OK grandpa! I know you may never have thought about trying a veggie burger, but this one is a must. I know, I've always been a hamburger guy, but this recipe has so much flavor. It's very delicious.

Your family and grandkids will really like this recipe. It has the spice, texture, and flavor that will leave you asking for another burger. This one will convert you to veggie burgers.

To make the perfect patties, invest my Be Cool Burger Board. [BeCoolGrandpa.com](http://BeCoolGrandpa.com)