

Spicy Chipotle Black Bean Grilled Cheese Sliders



2013

Future Chefs

North Franklin Educational Center BOCES; High School Division

Ingredients:

8 oz.	Black beans, canned, drained**
8 oz.	Refried beans**
1	Egg
1 cup	Red bell pepper, minced
1/3 cup	Cilantro, minced
2 Tbsp	Scallions, minced
1	Garlic clove, grated*
1 tsp	Chipotle pepper seasoning
1 tsp	Cumin
1 tsp	Lemon juice
1/2 tsp	Salt
1/4 cup	Bread crumbs
6 Tbsp, divided	Butter
2/3 cup	Onion, minced
Pinch	Salt
4	Apples, large, peeled, chopped (or 6 small)*
1/2 cup	White grape juice, or any liquid
2 cups	Apple cider or juice
4 Tbsp	Maple syrup*
To taste	Salt & freshly ground pepper
2	Whole grain baguettes*
8 oz.	Cheddar cheese, light*
To taste	Chives

Directions:

Mix black beans, refried beans and egg until smooth.

Stir in all remaining ingredients and combine well.

Form burgers into 12 patties; set aside.

Heat a non-stick frying pan over medium-high heat that has been lightly coated with olive oil.

Add burgers to the pan and cook for 3-4 minutes per side until warmed through and lightly browned.

Melt 3 tablespoons of the butter in a sauce pan. Add the onions and cook on medium low heat until the onions are translucent and tender; about 5 minutes. Add the apples and maple syrup and cook about 5 more minutes. Remove the apple mixture from the pan and set aside for now.

Add the white grape juice to de-glaze the pan. Cook until the juice is reduced by half. Add the apple cider and cook again until it has reduced by half. You should have about 1/2 cup of liquid in the pan. Add the apple mixture and heat until the apples are warm. Take off the heat. Add the remaining 3 tablespoons of butter and let it melt into the mixture.

Prepare Spicy Black Bean Burgers according to recipe.

Prepare Apple Maple Salsa according to recipe.

Slice 2 (14") baguette's on the diagonal into 24 - 3/8" slices.

Slice 8 ounces cheddar cheese into thin slices.

Assemble 12 grilled cheese sliders with bean patty, cheese slices (next to bread, top and bottom) then lightly butter bread on the outside.

Grill until lightly browned.

Assemble cooked slider and salsa for presentation. Garnish with chives.

Optional: These burgers may be scooped, then baked with cheese on top and served on a whole wheat roll.

*Local Product ** Commodity (USDA) Product

