



Makes 12 burgers
Preparation Time: 1 hours
Cook Time: 30 minutes

INGREDIENTS:

2 cups shredded green cabbage

½ cup shredded carrot

¼ cup white wine vinegar

Sea salt, to taste

2 plantains (preferably green plantains), peeled and cut into ½-inch pieces (1¾ to 2 cups)

1¼ cups finely chopped onion

1 cup finely chopped green bell pepper

7 cloves garlic, minced

1½ teaspoons dried Mexican oregano, crushed

1 teaspoon ground cumin

2 15-oz. cans black beans, rinsed and drained (3 cups)

2 tablespoons lemon juice

½ teaspoon ancho chile powder

¼ teaspoon guajillo chile powder

2 pinches freshly ground black pepper

1½ cups tomato sauce

2 tablespoons pepitas

1¾ cups masa harina

Chopped fresh cilantro (optional)

Lemon wedges (optional)

Black Bean and Plantain Burgers with Salvadoran Corn Tortillas

Pancake-thick Salvadoran-style corn tortillas make a great alternative to traditional buns in this delicious [plant-based burger](#) recipe. Succulent patties—made with black beans, plantains, bell pepper, and a hearty dose of smoky spices—are sandwiched between the homemade tortillas and drizzled with a spicy pepita sauce. The refreshing cabbage slaw adds a satisfying crunch, and a squeeze of lemon juice ties it all together. Serve open-faced or stack another tortilla on top!

By Darshana Thacker Wendel

- 1 For slaw topping, in a medium bowl combine cabbage, carrot, vinegar, and a sprinkle of salt. Massage cabbage to coat well. Let stand at least 1 hour.
- 2 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 3 In a saucepan combine plantains, 1 cup onion, the bell pepper, 6 cloves garlic, 1 teaspoon oregano, the cumin, and ¼ cup water. Cook, covered, over medium 15 minutes or until plantains are tender and any liquid has cooked off, stirring occasionally and adding water, 1 to 2 tablespoons at a time, to prevent sticking.
- 4 Add beans and lemon juice to pan; season with salt. Cook 3 minutes more. Cool mixture then mash well.
- 5 Shape bean mixture into twelve 3-inch patties, using about ⅓ cup mixture per patty. Place on prepared baking sheet. Bake 30 to 45 minutes or until burgers are browned on top. Turn off oven; leave burgers in oven to keep warm.
- 6 For Pepita Sauce, in a small saucepan combine the remaining ¼ cup onion, 1 clove garlic, and ½ teaspoon oregano. Add the ancho chile powder, guajillo chile powder, and black pepper. Cook over medium-low about 1 minute. Stir in tomato sauce; cook 2 minutes more. Cool 10 minutes. Transfer to a blender and add pepitas. Cover and blend until smooth. Set aside until ready to serve.
- 7 Meanwhile, for tortillas, line a shallow bowl with a clean kitchen towel. Fill a small bowl with water. Place masa harina in a third bowl; add 1½ cups warm water and knead into a soft dough. Divide dough into 12 equal portions.
- 8 Heat a large nonstick skillet over medium. Roll one dough portion into a ball. Pat the ball into a 3½- to 4-inch tortilla. Place tortilla in hot skillet and brush with water from the small bowl. Cook 5 minutes or until top and edges start to look dry and bottom is browned. Flip and cook 5 minutes more. Transfer to the towel-lined bowl; cover to keep warm. Repeat to make 12 tortillas.

- 9 Place burgers on tortillas. Drizzle with Pepita Sauce and top with slaw. If desired, sprinkle with cilantro and serve with lemon wedges.