



Makes 4 burgers
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

½ cup raw cashews
½ teaspoon sea salt
1 teaspoon lime zest
3 tablespoons lime juice
2 tablespoons no-salt-added tomato paste
1 tablespoon spicy brown mustard
2 to 3 teaspoons chopped canned chipotle pepper in adobo sauce
2 teaspoons pure cane sugar
1 large clove garlic, coarsely chopped
1 15-oz. can no-salt-added black beans, rinsed and drained (1½ cups)
1 14-oz. can no-salt-added young jackfruit, rinsed and drained
1 cup whole wheat panko
2 scallions, finely chopped
½ cup fresh or frozen corn kernels, thawed
1 teaspoon smoked or regular paprika
½ teaspoon ground cumin
¼ teaspoon freshly ground black pepper
4 whole grain hamburger buns, split and toasted
2 leaf lettuce leaves, coarsely torn
4 thin tomato slices

Chipotle-Lime Black Bean and Jackfruit Burgers

“Are you bringing your jackfruit burgers?” You’ll hear this on repeat after you show up to your next potluck with these tasty numbers. Combining the meaty texture of [jackfruit](#) with dense [black beans](#), frozen sweet corn, paprika, cumin, and a homemade chipotle-lime sauce, these moist patties hold together well while delivering smoky flavor in spades. Serve each primo burger in a whole grain bun with a thin slice of tomato, a lettuce leaf, and a dollop of chipotle-lime sauce. This recipe makes more sauce than you need; save the leftover sauce in an airtight container in the refrigerator up to 1 week. It’s fantastic in sandwiches or wraps, drizzled over roasted potatoes, salads, and grain bowls, or as a dip for raw veggies.

Tips

Air-fryer: To air-fry these patties, preheat air fryer to 380°F. Place patties in an air-fryer basket. Air-fry 12 to 15 minutes or until heated through.

For more inspiration, check out our [collection of jackfruit recipes](#), or try one of these tasty ideas:

- [Jackfruit Barbecue Sandwiches with Broccoli Slaw](#)
- [Jackfruit Spring Rolls with Sweet-and-Sour Dipping Sauce](#)
- [Jackfruit Jambalaya](#)
- [Lebanese Lentil Burgers in Cabbage Pockets](#)

By Laura Marzen, RD, LD

- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper.
- 2 To make chipotle-lime sauce, in a medium bowl combine cashews and enough boiling water to cover. Cover and let stand 15 minutes; drain. In a blender or small food processor combine drained cashews, ¼ teaspoon of the sea salt, ½ cup water, and the next seven ingredients (through garlic). Cover and blend until very smooth, scraping sides of bowl as needed.
- 3 Add beans and 2 tablespoons of the chipotle-lime sauce to a clean food processor; process until very smooth. Add jackfruit and pulse until jackfruit is chopped and incorporated. Transfer mixture to a large bowl. Add ½ cup of the panko, the remaining ¼ teaspoon of salt, and the next five ingredients (through black pepper). Mix well.
- 4 Shape mixture into four patties, about ¾ inch thick. Coat patties in remaining panko, pressing panko gently onto the patties so it sticks. Place patties on the prepared baking sheet.
- 5 Bake 20 minutes or until heated through. Serve burgers in buns with lettuce, tomato slices, and chipotle-lime sauce. Store leftover chipotle-lime sauce in an airtight container in the refrigerator up to 1 week.