



FLAVORS
OF YOUR
PALATE

CARIBBEAN BURGER

Prep time: 15 minutes

Cook time: 15 minutes

Yield: 6 burgers

INGREDIENTS:

For meat patty

- 1 large onion
- 1 clove of garlic, peeled
- 1 bell pepper
- 2 teaspoons of salt
- 1/2 teaspoon of pepper
- 1 tablespoon of Worcestershire sauce
- 2 pounds of ground beef

For the Caribbean sauce

- 1/2 cup of ketchup
- 1/2 cup of mayonnaise
- 1/4 cup of orange juice
- 1 tablespoon of Worcestershire sauce

For the bean patty (Meatless option)

- 1 (16 ounce) can black beans, drained and rinsed
- 1/2 green bell pepper, cut into 2 inch pieces
- 1/2 onion, cut into wedges
- 3 cloves garlic, peeled
- 2 teaspoons of salt
- 1 egg
- 1/2 cup bread crum

For the burger

- 3 tablespoons of vegetable oil
- 1 large onion cut into rings
- 2 large tomatoes cut into slices
- 2 cups of shredded cabbage
- 6 hamburgers buns

DIRECTIONS:

How to make the Caribbean sauce

1. Mix the ketchup, mayonnaise, orange juice and Worcestershire sauce.
2. Set aside (keep chilled)

How to make the meat patties

1. Pulse onion, garlic, bell pepper, salt, pepper and Worcestershire sauce in a food processor until you obtain a coarse paste.
2. Mix the seasoning paste with the meat.
3. Divide meat into 6 portions and form 6 patties (round for hamburger bun)

How to make the bean patties

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil.

If baking, preheat oven to 375 degrees F and lightly oil a baking sheet.

- In a medium bowl, mash black beans with a fork until thick and pasty.
- In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
- In a small bowl, stir together egg and salt .
- Stir the egg mixture into the mashed beans.
- Mix in bread crumbs until the mixture is sticky and holds together.
- Divide mixture into 6 round patties.

Assemble your Caribbean burger

- Brush a stove-top grill or pan with some of the oil and heat over high heat. Grill the patties, rotating until they are cooked through. Reserve.
- Reapply oil to the grill, and grill onions and tomatoes.
- Reapply some oil to the grill and warm up the bread.
- Mix the cabbage with half the sauce made in step 1. Turn down the heat to medium and briefly cook the cabbage. Heating the cabbage is an optional step.
- Put meat/bean patty, onions, tomatoes and cabbage between the buns, garnish with the remaining sauce.