

WK Kellogg Co

BLACK BEAN BURGERS



Product: All-Bran Flakes® Cereal

Pack Size: 6 x 1 kg

Order Code: 70140 (000 64100 00949 3)

Preparation Time: 60 minutes

Cooking Method: Grilling

Serving Utensil: Off-Set Spatula

Serving Suggestions: May garnish with avocado slices and spicy chipotle sauce; serve with sweet potato fries or veggies & ranch dip.

Yield: 25 servings

Portion: 1 each (314 g/11 oz)

Ingredients:

Nutrition Facts	
Calories	430 Kcal
PRO	19 g
Chol	60 mg
Total Fat	14 g
Sat Fat	1.5 g
Trans Fat	0 g
CHO	67 g
Dietary Fibre	11 g
Total Sugars	5 g
Sodium	1060 mg
Potassium	600 mg
Calcium	150 mg
Iron	6.5 mg
Vit A	0 mg
Vit C	1.08 mg

Steps	Ingredients	25 servings	
		Metric	Imperial
1	Vegetable oil (save half for step#4)	125 ml	1/2 cup
1	Onion, finely chopped, fresh	700 g	1 lb 9 oz
1	Garlic, minced	50 g	2 oz
2	Black beans, drained and rinsed	2.84 L can	100 oz can
2	Ground cumin	25 ml	1 ½ Tbsp
2	Soya Sauce, Reduced Sodium	30 ml	2 Tbsp
3	Liquid Eggs, beaten or Large Eggs, beaten	250 ml or 5 Large	1 cup or 5 Large
3	All-Bran Flakes® Cereal	340 g	12 oz
3	Pecans, chopped	157 g	5.6 oz
5	Hamburger Buns, 60 g each	25 each	25 each
5	Lettuce Leaf, 10 g pieces	900 g* (*As purchased)	2 lbs* (*As purchased)
5	Dill Pickle Slices, drained	750 g	1 lb 3 oz
5	Salsa, fresh or canned	750 ml	3 cups



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Preparation Steps:

Wash hands before, during, and after preparation. Clean and sanitize surfaces and equipment.

1. Heat Vegetable Oil in a large non-stick skillet over medium-low heat; sauté the Onion and Garlic until translucent for ~ 8 minutes.
2. In a food processor, place the onion-garlic mixture, Black Beans, Cumin, and Soya Sauce, and blend until smooth.
3. Transfer the mixture to a medium bowl and stir in the Eggs, **All-Bran Flakes® Cereal** and Pecans. Shape into ½-inch thick patties using #10 scoop. Place on parchment lined baking sheet. Cover with wrap and chill in the refrigerator at <4°C/40°F for ~ 30 minutes.
4. In a skillet/grill, heat at a cooking surface temperature of 245°C/475°F and place the remaining half of the Oil in the skillet/grill. Place the burgers on the preheated skillet/griddle and fry for 3-4 minutes on one side and flip to lightly brown for another 3-4 minutes on the other side. Ensure the internal temperature reaches 74°C/165°F for at least 15 seconds. Transfer to an insert pan and place parchment paper in between layers of patties. Cover with lid and hold at >60°C/140°F until service.
5. At the point of service, assemble the Black Bean Burgers:
Open the Hamburger Bun and place 1 Leaf Lettuce (10 g) on the bottom of the bun, followed by the Black Bean Patty. Place pickle slices (30 g) on top of the patty, followed by 30 ml/2 Tbsp salsa and then the top of the hamburger bun.

CCP-Maintain: Product held at >60°C/140°F. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

CCP-Cool: Product must reach 60°C/140°F to 21°C/70°F within 2 hours and 21°C/70°F to 4°C/40°F within 4 hours.

CCP-Reheat: To internal temperature of 74°C/165°F within 2 hours held for at least 15 seconds – one time only.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

In keeping with good allergy practices, we remind you to be aware of allergens and to check labels on any packaged goods used. This recipe has been created with the suggestion of using Kellogg's® cereal products. Results with other products may vary.