

Low-Glycemic Black Bean Burgers with Smoky Chipotle Sauce

Protein-packed black bean patties with fiber-rich whole grains help maintain steady blood sugar while delivering bold, smoky flavors in every bite.

Prep: 25 min

Cook: 75 min

Total: 100 min

Servings: 6

GL 27.8 / GI 38

Ingredients

Low GI legume, excellent fiber source dried black beans, picked over and rinsed, soaked overnight

water for cooking beans

bay leaf

Low GI, rich in lycopene plum tomatoes, peeled and seeded, diced

Low GI vegetable yellow onion, chopped

May help regulate blood sugar garlic cloves, minced

Concentrated tomato flavor tomato paste

Vinegar may improve insulin sensitivity wine vinegar

Capsaicin may boost metabolism chipotle chili in adobo sauce, minced

Anti-inflammatory spice ground cumin

salt

Heart-healthy fat canola oil

Low GI, high in vitamin C red bell pepper, seeded and chopped

Medium GI whole grain, adds texture cooked brown rice

Healthy fats slow glucose absorption pecans, chopped

Low GI allium green onion, thinly sliced

Protein binder, minimal glycemic impact egg, lightly beaten

Choose 100% whole grain for lower GI fresh whole-grain bread crumbs

Look for 100% whole grain, 3g+ fiber per bun whole-grain hamburger buns

Eat first to slow glucose absorption tomato slices

Raw onion adds crunch and nutrients red onion slices

Non-starchy vegetable, eat first bibb lettuce leaves, halved

Instructions

Step 1

Place the soaked and drained black beans in a large saucepan with 3 cups of water and the bay leaf. Bring to a vigorous boil over high heat, then reduce heat to low and cover the pot partially. Simmer gently for 60 to 70 minutes until the beans are completely tender and creamy inside. Drain thoroughly in a colander and remove the bay leaf.

Step 2

While the beans cook, prepare the smoky chipotle sauce. Combine the diced tomatoes, half of the chopped yellow onion, half of the minced garlic, tomato paste, wine vinegar, minced chipotle chili, 3/4 teaspoon cumin, and 1/4 teaspoon salt in a small saucepan. Bring to a boil over medium-high heat, then reduce to medium and simmer uncovered for about 5 minutes, stirring occasionally, until the mixture thickens into a rich sauce. Remove from heat and let cool completely.

Step 3

Heat 1/2 tablespoon of canola oil in a large frying pan over medium heat. Add the remaining chopped yellow onion and cook for 4 minutes until softened and translucent. Add the chopped red bell pepper and remaining minced garlic, cooking for another 3 minutes until the vegetables begin to soften. Season with 1/4 teaspoon salt, transfer to a bowl, and allow to cool. Keep the pan nearby for later use.

Step 4

In a food processor, combine the drained black beans, cooled onion-pepper mixture, cooked brown rice, chopped pecans, sliced green onion, and remaining 1 teaspoon of cumin. Pulse 8-10 times until the mixture is coarsely pureed but still has some texture—avoid over-processing into a paste. Transfer to a large bowl and gently fold in the beaten egg and whole-grain bread crumbs until just combined.

Step 5

Divide the burger mixture into 6 equal portions and shape each into a patty approximately 3/4-inch thick and 4 inches in diameter. Use damp hands to prevent sticking and create smooth edges. Place patties on a plate and refrigerate for 10 minutes to help them hold together during cooking.

Step 6

Heat the remaining 1 tablespoon of canola oil in the same frying pan over medium-high heat. Once the oil shimmers, carefully add the patties, working in batches if necessary to avoid crowding. Cook for 4-5 minutes on the first side until a golden-brown crust forms, then flip gently and cook for another 3-4 minutes until heated through and nicely browned on both sides.

Step 7

To assemble for optimal blood sugar control, place the bottom bun on each plate and top with half a lettuce leaf and a tomato slice first. Add the hot black bean patty, then a red onion slice and a generous dollop of the chipotle sauce. Cap with the top bun and serve immediately while the patties are hot and crispy on the outside.