

1 cup of black beans, or those of your choice.

1/4 cup of unseasoned bread crumbs.

1 large red onion, sliced into rings.

2 tablespoons of Max's organic, chunky chipotle sauce.

2 slices of cheddar. I use Organic Valley Raw Sharp Cheddar from Whole Foods.

2 organic rolls. (Recipe in the bread section).

All canned beans, organic or not, contain salt and some have other additives. So I use only my own that I've presoaked the day before, or already had stored in the freezer. However, sometimes you just don't have enough hours in the day, so use canned, of which there's some really good ones.

Anyway, once you've drained 'em, place the beans into a mixing bowl and mash with a potato masher, or fork, but please remember to leave some beans whole. Add the bread crumbs, garlic and egg (for binding) mixing it all together.

Heat your skillet on medium, not high, as you want the burger to cook all the way through. I love Trader Joe's organic, garlic olive oil. So handy and so delicious.

Form the mixture into patties, but don't over do it, as there's no shrinkage with beans. Carefully place the burgers into the skillet, or if you have a grill, fantastic, and cook for around 5 minutes. Turn them over, and cook for around another 3 minutes. Don't be tempted to press down on the patty with your spatula, as it can

break it apart. Place a slice of cheese on top, cover and turn the heat down to low.

At the same time as you started cooking the burgers, saute the sliced onion rings in a separate pan, again using the garlic olive oil. I love 'em well done, oily and garlicky.

For the rolls, you can leave as is, or grill in a separate pan with a little butter, or, of course, on the grill itself.

When the cheese is nice and gooey, around 3 minutes, remove the burger and place on the bottom portion of the roll.

Add a nice dollop of Max's organic, smokey, chunky, chipotle sauce, heap on the sauteed onions along with your choice of addons. Add on the top half of the roll and enjoy. It's so delicious, but I doubt that you'll be able to eat more than one. I love to serve this with my organic potato salad. Truly a quick and easy, anytime meal that's so satisfying and really, really good for you.