

---

# Beanburger

*Jessica D'Ambrosio, Khalil Hymore and Steve Jackson*

*Food Network Magazine - July/August 2021*

Start to Finish Time: 30 minutes

**2 te vegetable oil**

**1 cup canned refried beans**

**1 pound ground beef**

**Kosher salt**

**freshly ground black pepper**

**1 tablespoon vegetable oil**

**1/2 cup cheese spread (such as Cheez Whiz)**

**4 hamburger buns**

**1 cup corn chips (such as Fritos), lightly crushed**

**1/2 cup white onion, chopped**

**1/4 cup pickled jalapeno peppers, sliced**

In a medium skillet over medium heat, heat the two tablespoons of vegetable oil. Add the refried beans and cook, stirring, until heated through, about 3 minutes. Set aside.

In a large bowl, mix the beef with one teaspoon of salt and one teaspoon of pepper. Form the beef into four balls. Press each ball into a 1/4-inch-thick patty. In a large nonstick skillet over medium-high heat, heat one tablespoon of vegetable oil. Add the burgers and cook until browned, about 3 minutes. Flip and cook for 2 more minutes for medium to medium-well burgers.

Remove the burgers from the heat and top with the cheese spread. Spread the warm refried beans on the bottoms of the buns and top with the corn chips.

Serve the burgers on the buns and top with onion and jalapeno peppers.

Yield: 4 burgers

## Sandwiches

---

*Per Serving (excluding unknown items): 5904 Calories; 579g Fat (87.6% calories from fat); 91g Protein; 93g Carbohydrate; 6g Dietary Fiber; 386mg Cholesterol; 1274mg Sodium. Exchanges: 5 1/2 Grain(Starch); 11 Lean Meat; 1 Vegetable; 110 Fat.*