

Open-Faced Chili Burgers

Tonight, you'll serve a refreshing meal utilizing leftover veggie chili. All hail! Behold the open-faced Chili Burger!

"Open-faced" is just a nice way to enjoy any sandwich that might be too difficult to pick up. In this case, the sandwich is impossible to pick up so you'll welcome a knife and fork.

It's actually an old-fashioned way of serving a sandwich. The French call this stylish sandwich a tartine and often serve it for breakfast. This is not breakfast, however!

Add a crisp green salad to the mix, and you've got a refreshing meal.

Preparation time: 20 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients before you start.
Be sure to toast the sunflower seeds as part of the prep.

Green Salad/Dressing

Green Salad:

6 leaves leaf lettuce (washed and dried)
1-1/2 C. cucumber (peeled and chopped)
8 cherry tomatoes (halved)
2/3 C. red bell pepper (thin sliced)
1/2 C. fennel (thin sliced)
1 T. sunflower seeds (toasted)

Il Simplicio Salad Dressing:

3 T. extra-virgin olive oil
1/2 tsp. Dijon mustard
2 T. white balsamic or rice wine vinegar
3 T. low-sodium vegetable broth
pinch of salt

Chili

2 C. leftover Vegetarian Chili

Chili Burgers

1 whole grain burger bun (1/2 bun per diner)
1 T. mayonnaise or Veganaise

2 plant-based burger patties
2 thick slices sweet onion
1/4 C. shredded extra-sharp cheddar cheese

If You're Grilling
Burgers, Fire up the Grill!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

The Burger goes together quickly so you'll want to have your salad ready.

Green Salad/Dressing

Green Salad:

1. Place broken lettuce leaves on individual salad plates.
2. Top with cucumbers, tomatoes, red pepper and fennel.
3. Divide toasted sunflower seeds between salads.

Il Semplice Dressing:

Combine dressing ingredients in a small jar with a tight-fitting lid and shake well. Set aside.

Chili

Warm leftover chili in a small saucepan.

Chili Burgers/Plate

1. Brown burgers of choice on stovetop or outdoor grill per cooking directions.
2. While burgers cook, place thick onion slices on grill and sear them on both sides.
3. Toast bun halves and spread them with mayonnaise.
4. Place cooked burgers on buns followed by seared onion slices.
5. Cover each burger with hot chili.
6. Sprinkle shredded cheese over each burger.
7. Serve green salads on the side.

What I've Learned from this Recipe

Try to find a good whole grain bun and use 1/2 of a bun per serving.

Some large burger buns can pack as many as 200 calories, mostly simple carbohydrates (or empty calories). Open-faced burgers with whole grain buns can cut 20% from the calorie count of your burger.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com