Yields 4 5oz Burgers  
  
1/2 Green Pepper  
1 C Black Beans  
2 Morning Star Sausage Patties  
2 Jalapeño   
1 Shallot  
2 1/2 TBS Hot and Spicy Old El Paso Seasoning Mix  
1/2 tsp Crushed Red Pepper  
1/2 tsp Garlic Powder  
1/2 tsp Cumin  
1/4 tsp Salt  
1 Egg  
3/4 C Panko

Begin by dicing your peppers, and shallots. Then cook your ‘sausage’ for around 45 seconds, so that it is warm but still pliable. Cut up your sausage and add all ingredients, besides your cheddar, into a bowl. Mix together with your hands until it is well combined.

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Next divide your burger mix into 4 burgers, and make a well in the center. Fill the wells with cheddar to ensure proper gooeyness occurs, once cooked.

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Fold the top of the burger onto its self, so it closes the gap, and place each one into a sandwich bag. Poach burgers in simmering water for 40 minutes. Once they are poached, let them cool back down to room temperature so they have a chance to set up. You can now grill them, sauté them, bake them and of course add any kind of toppings to them to make them perfectly you!