

# Quinoa Black Bean Burgers

Yield: 25  
Serving Size: 1  
Portion Size: 1 burger  
Recipe View: Public  
Recipe ID: 3386  
Status: Approved  
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NEIGHBORHOOD SC

Tags: > Entrée > Dairy-Free > Vegetarian > Good Source of Fiber

## Ingredients

- >> 5 cans (15 oz each) black beans
- >> 1 cup(s) quinoa, dry
- >> 2 1/2 cup(s) water
- >> 2 1/2 cup(s) bread crumbs
- >> 1 cup(s) bell peppers, minced
- >> 10 tbsp(s) onions, minced
- >> 5 large cloves of garlic, minced
- >> 1 1/2 tsp(s) cumin, ground
- >> 5 eggs
- >> 15 tbsp(s) olive oil

## Nutrition Facts

Serving Size 1 (1 burger)			
Amount Per Serving			
Calories 221		Calories from Fat 94	
% Daily Value *			
Total Fat 10g		16%	
Saturated Fat 2g		8%	
Trans Fat 0g		0%	
Cholesterol 37mg		12%	
Sodium 97mg		4%	
Carbohydrate 24g		8%	
Dietary Fiber 5g		22%	
Sugar 2g			
Protein 8g		16%	
Vitamin A	5%	• Calcium	5%
Vitamin C	14%	• Iron	14%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

## Directions

- >> 1. Bring the quinoa and water to a boil in saucepan. Reduce heat to a medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15-20 minutes.
- >> 2. Roughly mash the black beans with a fork, leaving some whole black beans in a paste-like mixture.
- >> 3. Mix the quinoa, bread crumbs, bell peppers, onions, garlic, cumin and eggs into the black bean mixture using your hands.
- >> 4. Form into 25 patties.
- >> 5. Brush patties with olive oil and bake for 5-10 minutes.

## Recommendations

>> It is recommended that canned beans and vegetables contain no more than 250 mg sodium per serving. Canned beans and vegetables used in this recipe have less than 250 mg sodium per serving.

## Requirements

>> The NYC Food Standards require that canned/frozen vegetables and beans contain <=290 mg sodium per serving.