

Quinoa Black Bean Burgers



These vegetarian burgers are delicious! Your carnivorous friends will be impressed. My favorite way to serve is on a whole-wheat bun with garlic-lemon mayonnaise, fresh raw spinach, sliced tomato, and caramelized onions!

Prep: 15 mins

Cook: 20 mins

Total: 35 mins

Servings: 5

Yield: 5 burgers



Ingredients

1 (15 ounce) can black beans,
rinsed and drained

¼ cup quinoa

½ cup water

½ cup bread crumbs

¼ cup minced yellow bell pepper

2 tablespoons minced onion

1 large clove garlic, minced

1 ½ teaspoons ground cumin

½ teaspoon salt

1 teaspoon hot pepper sauce
(such as Frank's RedHot®)

1 egg

3 tablespoons olive oil

Directions

Step 1

Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.

Step 2

Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.

Step 3

Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands.

Step 4

Form the black bean mixture into 5 patties.

Step 5

Heat the olive oil in a large skillet.

Step 6

Cook the patties in the hot oil until heated through, 2 to 3 minutes per side.

Nutrition Facts

Per Serving:

245 calories; protein 9.3g; carbohydrates 28.9g; fat 10.6g; cholesterol 37.2mg; sodium 679.5mg.