

Black Bean + Quinoa Burgers

Time: Under 30 Minutes

Servings: 4-5 Burgers

Level: Medium

Ingredients:

- o 2 14 oz. can Organic Black Beans, rinsed and drained
- o ¼ cup raw Quinoa, cook according to directions
- o 1 Tablespoon Olive Oil
- o 4 Mini Sweet Peppers, (red, yellow, orange, any color you like), finely diced
- o ½ Yellow Onion, finely diced
- o ½ Jalapeño, deseeded and diced
- o 2 cloves Garlic, minced
- o 1 teaspoon Ground Cumin
- o 1 teaspoon Paprika
- o 1 teaspoon Salt
- o ½ teaspoon Oregano
- o 1 egg
- o Hamburger Buns
- o Chipotle Cream Sauce (Optional)

Directions:

- 1) Heat a frying pan to medium and add Olive Oil.
- 2) Add Mini Peppers, Onions and Jalapeño. Sauté for 3-4 minutes until vegetables are soft.
- 3) Add Garlic and Cumin, Paprika, Oregano and Salt. Cook for 1 minute. Set aside.
- 4) In a large mixing bowl mash the Black Beans with a potato masher or a fork
- 5) Add Eggs, Pepper/Onion mixture, cooked Quinoa and mix gently.
- 6) Line a baking sheet or large plate with parchment.
- 7) Using a half-cup measure, measure out about 5 burgers. Put the burgers in the refrigerator for about 10-15 minutes if possible.
- 8) Heat a frying pan and add some Olive Oil to coat the bottom. Cook burgers for about 2 minutes on each side.

Fun tips and Information

- ❖ If you can't find Mini Sweet Peppers, use about ¼ of a Red Bell Pepper and ¼ of a Yellow Bell Pepper.
- ❖ Bake off some sweet potato fries: Preheat oven to 400°. Cut a Sweet Potato into sticks. Drizzle with Olive Oil. Sprinkle with Salt and Pepper. Place on baking sheet and cook for about 10 minutes. Flip the fries and cook for another 10 minutes.
- ❖ Chipotle Cream Sauce – Goes great with the burger as well as the fries. 2-3 Tablespoons Sir Kensington's Avocado Mayonnaise, ¼ of a Chipotle Pepper in Adobo sauce, deseeded. Pinch of Salt. Squeeze of Lime. Stir.