



Quinoa Black Bean Burgers

Savannah · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

5

Description

These vegetarian black bean and quinoa burgers are delicious Your carnivorous friends will be impressed My favorite way to serve them is on a whole wheat bun with garliclemon mayonnaise fresh spinach leaves sliced tomato and caramelized onions

Ingredients

- - ¼ cup quinoa - ½ cup water - 1 (15 ounce) can black beans
- rinsed and drained - ½ cup bread crumbs - ¼ cup minced yellow bell pepper - 1 large egg - 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®) - 3 tablespoons olive oil

Instructions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender and water has been absorbed
4. about 15 to 20 minutes. Roughly mash black beans with a fork
5. leaving some whole black beans
6. to form a paste-like mixture. Mix quinoa
7. bread crumbs
8. bell pepper
9. egg
10. onion
11. garlic
12. cumin
13. salt
14. and hot pepper sauce into black beans using your hands. Form black bean mixture into 5 patties. Heat olive oil in a large skillet. Cook patties in hot oil until heated through
15. 2 to 3 minutes per side. Autumneyes