

Black Bean Burgers

Yield: 12 servings
Serving size: 1 burger



Nutrition Facts	
Serving size	1 burger (212g)
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 53g	19%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 4mg	20%
Potassium 529mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Patties freeze well: Place cooked or uncooked patties between sheets of parchment or wax paper and place in a freezer-safe container or zip-top bag. Freeze. Defrost in refrigerator.

All of the ingredients are fully-cooked before the patties are formed. There is no need to worry about an undercooked burger.

This recipe is a great way to incorporate beans into the base of your meals. This plant-based burger is low in saturated fat, cholesterol-free, and lower in calories than a beef burger. We use a whole grain bun to add a healthy grain.

INGREDIENTS

- 1 cup water
- ½ cup quinoa, cooked
- 6 TBSP olive oil, divided
- 1 red onion (about 1 cup), small diced
- 2 cloves garlic, minced
- 5 cups cooked black beans, rinsed and well drained (about 3, 15 ounce cans)
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 cup Italian breadcrumbs, divided
- ½ teaspoon Kosher salt
- Freshly ground pepper to taste
- 12 whole-wheat buns, toasted
- 12 lettuce leaves
- 12 tomato slices

DIRECTIONS

1. Bring water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce heat to low, cover, and simmer until the water has been absorbed, about 10 minutes. Uncover and let stand.
2. Heat 2 TBSP oil in a medium skillet over medium heat. Add onion and cook, stirring

occasionally, until soft and fragrant, about 3 minutes.

3. Stir in garlic and cook an additional minute.
4. Add beans, paprika, and cumin and heat.
5. Transfer the mixture to a bowl and let cool slightly and mash.
6. Add the quinoa, half of the breadcrumbs, salt and pepper. Stir to combine.
7. Using a 1/3 cup measuring cup, firmly form the bean mixture into 12 patties. Press together firmly, mixture may be crumbly.
8. Coat the patties evenly with the remaining breadcrumbs and transfer to a baking sheet. Refrigerate for 10–20 minutes.
9. Heat 2 TBSP oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook 3 burgers until heated through and brown and crisp on both sides, 2 to 4 minutes per side. Cook the remaining burgers in batches adding more oil and reducing the heat as necessary to prevent overbrowning.
10. Serve the burgers on buns with lettuce and tomato.

