Black Bean Veggie Burger

SERVES
0

Anna Olson

Black beans & quinoa make up the base for this veggie burger and the flavor and texture are satisfying with their Southwest style. For a vegan version, simple ensure that the bun & breadcrumbs are vegan. Courtesy of Anna Olson.

Directions for: Black Bean Veggie Burger

INGREDIENTS

1 (19 oz/540 mL) tin black beans, drained and rinsed

1 cup cooked quinoa (about 1/2 cup dried, boiled for 15 minutes)

½ cup dry breadcrumbs

½ medium onion, minced

1 clove garlic, minced

2 Tbsp soy sauce

1 Tbsp chili powder

buns, sliced tomato, avocado, cucumber and any other garnishes and condiments you wish

DIRECTIONS

1. Roughly mash the black beans with a potato masher or using a fork (the mixture should be rough). Stir in the quinoa, breadcrumbs, onion, garlic, soy sauce and chili powder. Divide the mixture into four and shape each into a ball and then flatten into a patty. Chill until ready to grill.

2. Heat a grill on medium high and make sure the grill is well-cleaned and lightly oiled. Grill the burgers for 4 minutes on each side, rotating 90° after 2 minutes on each side. Serve the burgers with garnishes and condiments as desired.

See more: Low-Fat, Vegetarian, Vegan, Beans, Rice/Grain, Main, Dinner, Party Favourites

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