



Bolivian Black Bean Quinoa Burgers

Delicious veggie burgers that are full of protein

- 1 (15.2 oz.) can black beans, drained; washed
- 1/2 cup cooked quinoa
- 1/4 cup Panko or dry breadcrumbs
- 1/4 cup yellow Bell peppers, minced
- 2 Tablespoons minced onions
- 1 large garlic clove, minced
- 1/2 teaspoon (each) cumin; salt
- 1/4 teaspoon ground smoked red hot pepper seasoning
- 1 egg, slightly beaten
- Olive oil for frying as desired
- Serve with red pepper relish mayonnaise, mixed baby greens

Prepare Black Beans: In a large bowl, roughly mash black beans with fork or masher, leaving a few whole black beans in paste-like mixture.

Prepare Burger Mixture: In separate bowl, combine quinoa, breadcrumbs, peppers, onions, garlic, cumin, salt, and hot pepper seasoning. Place the quinoa mixture into the larger bowl with black beans. Then add the egg; combine all the ingredients using your hands.

Form into Burgers: Using 1/2 cup black bean mixture, form into 4 round burgers.

Cook Burgers: Heat about 2 to 3 Tablespoons oil in 10-inch cast iron skillet. Using medium to medium high heat, cook the patties in hot oil until heated through, about 2 to 3 minutes per side. Make sure that the bottom is crusty before gently turning over to the other side.

Mix Mayo Topping: In small bowl, combine 1/4 cup mayonnaise with 1 to 2 tablespoons red pepper relish, swirl pepper relish into mayonnaise lightly.

To Serve: Serve as open faced burgers on mixed baby greens; top burger with mayonnaise or serve as sandwich.

Recipe Inspired by: Bolivia Pavilion – Expo Milano 2015;
worldrecipes.expo2015.org.

About the Recipe: Crusty black bean burgers are filled with protein and prepared with quinoa. The delicious veggie burgers can be served open-faced and topped with a red pepper mayonnaise. They can also be served as a handheld sandwich.