



QUINOA BLACK BEAN BURGERS

Intermediate Lifestyle

INGREDIENTS

1 (15 ounce) can black beans, rinsed, drained	1 large clove garlic, minced
¼ cup quinoa	1 ½ TSP ground cumin
½ cup water	½ TSP salt
½ cup bread crumbs	1 TSP hot pepper sauce (such as Frank's RedHot)
¼ cup minced yellow bell pepper	1 egg
2 TBS minced onion	3 TBS olive oil

INSTRUCTIONS

—Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.

—Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.

—Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands.

—Form the black bean mixture into 5 patties.

—Heat the olive oil in a large skillet.

—Cook the patties in the hot oil until heated through, 2 to 3 minutes per side.

SERVING INFO: (Yields 5 servings): 1 veggie burger = 1 P