



black bean beet burgers

INGREDIENTS:

3/4 cup cooked quinoa
1/2 large red onion, finely diced
1 cup mushrooms, finely diced
1 pinch each salt & pepper
1 (15oz) can black beans, drained & rinsed
1 cup raw beet, finely grated
1 tsp cumin
1/2 tsp chili powder
1/4 tsp smoked paprika
1/2 cup raw walnuts, crushed well

Bonus Sauce:

mix 1 Tbs mayonnaise, 1/4 tsp ketchup, pinch of salt and 1/4 tsp liquid smoke together. So yummy!

DIRECTIONS:

1. Heat a large skillet over medium-low heat and add some nonstick spray or olive oil. Once hot add the onion and saute, seasoning with a pinch of salt and pepper each.
2. When the onions are soft, turn up the heat to medium and add the mushrooms. Season with a little more salt and pepper. Cook until the mushrooms and onions are slightly browned and fragrant, about 3-4 minutes.
3. Remove from the heat and add the black beans. Mash roughly with a fork or spatula.
4. Transfer the mixture to a mixing bowl and add the quinoa, beets, spices and stir. For more flavor add a dash of worcestershire sauce. Taste and adjust as needed.
5. Add in the walnuts a little at a time until the mixture is able to form into patties. Set in the fridge to chill while your oven preheats to 375F degrees.
6. Coat a baking sheet with nonstick spray. Form the mixture into roughly 1/3 cup sized patties. Arrange them on the sheet and spray tops with oil. Bake for 30-45 minutes, gently flipping after 25 minutes.
7. Serve on buns or on top mixed greens with your favorite toppings and enjoy!

SERVES: 8

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