



BLACK BEAN AND QUINOA BURGER

COURTESY OF FIT

DIFFICULTY: MEDIUM

TOTAL TIME: 45 MINUTES

SERVES: 6-8 PEOPLE

ACTIVE: 30 MINUTES

INGREDIENTS

Chipotle Mayo

- 1 ½ cup mayo
- 1 can Chipotle Chiles in adobo sauce

Burgers

- 2 cups cooked quinoa (recommended: cook in advance and let cool)
- 1 16oz can of black beans
- 1 cup chopped red onion
- 1 medium carrot – grated
- ½ cup bread crumbs
- ½ cup chipotle mayo (or unflavored if you don't like spice)
- ½ cup shredded cheese
- 1 large egg

~ 36 grams of protein

INSTRUCTIONS

For Chipotle Mayo:

1. Add mayo, 2-3 chipotles (more if you like more spice) and 2 tablespoons of adobo sauce into a food processor and blend until smooth.

For Burgers:

1. Cook the quinoa and let it cool
2. Rinse the black beans in a strainer and shake to get all the water off
3. Add the black beans to a bowl and smash with a force or potato masher
4. Add quinoa, onion, grated carrot and bread crumbs. Mix well.
5. Add chipotle mayo, cheese and egg (beaten). Mix until well combined
6. Heat skillet to medium high and add ½ tbsp of oil
7. Take a handful of the mixture and form into a patty, or use a patty shaper if you have one
8. Add the patties to the hot pan cooking 2-3 at a time until crispy and are held together.
9. Put on a bun (or salad) with your favorite burger toppings and sauce