Quinoa Black Bean Burgers

- Prep 15 m
- Cook 20 m
- Ready In 35 m

Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- 1/4 cup quinoa
- 1/2 cup water
- 1 small sweet potato, roasted, peeled and cubed
- 1 cup bread crumbs
- 1/4 cup minced yellow bell pepper
- 2 tablespoons minced onion
- 1 large clove garlic, minced
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1 teaspoon hot pepper sauce (such as Frank's RedHot(R))
- 1 egg
- 3 tablespoons olive oil
Directions

1. 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.
2. Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
3. Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, sweet potato, and egg into the black beans using your hands.
4. Form the black bean mixture into 6-9 patties.
5. Heat the olive oil in a large skillet.
6. Cook the patties in the hot oil until heated through, 2 to 3 minutes per side.
7. If preferred, can bake in a 375° oven for 10-15 minutes (about 5-8 minutes on each side). Place foil and a small amount of olive oil on a baking sheet for this purpose.