

Barbecue Black Bean Burgers

Swick

Makes 4 burgers | Active Time: 30 minutes | Total Time: 35 minutes

Chef's Notes

The serving size is 1 patty. Store any leftover patties in an airtight container in the refrigerator for up to 5 days. Or freeze (layered with pieces of parchment and stored in an airtight container) for up to a month and enjoy on a later date!

RECIPE TIPS

Tahini: Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings.

Step 1: Make the Burgers

- 1/4 cup quinoa rinsed & drained (≈3/4 cup cooked)
- 1/2 yellow onion diced (≈1 cup)
- 1 (15-oz) can black beans drained & rinsed (≈1 1/2 cups)
- 3/4 cup breadcrumbs
- 1 tablespoon tomato paste
- 1 tablespoon barbecue sauce
- 1 1/2 teaspoons tahini
- 1 1/2 teaspoons mild chili powder
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 teaspoon garlic powder
- sea salt
- freshly ground black pepper
- 1/2 tomato sliced
- 1/4 avocado (optional) sliced
- 1/2 head romaine lettuce leaves separated
- 4 whole-grain sandwich buns

PREPARE GRAINS

Bring quinoa and 1/2 cup water to a boil in a saucepan. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.

PREPARE PATTIES

Saute onions in a nonstick skillet over medium heat, stirring constantly. (As the onions release water the remaining sugars will concentrate and start to caramelize the onions in the pan. You can add a splash of water if needed to prevent burning.) When onion is fragrant and soft, after 5 to 7 minutes, remove from heat and set aside.

Place black beans in a bowl and mash well with a fork, leaving only a few whole beans.

Add cooked quinoa, sautéed onions, breadcrumbs, tomato paste, barbecue sauce, tahini, chili powder, cumin, paprika, and garlic powder to black beans; mix well with a wooden spoon until a moldable dough forms, 1 to 2 minutes. If mixture is too dry, add 1 to 2 tablespoons more barbecue sauce; If too wet, add more breadcrumbs. Season with salt and pepper to taste; adjust seasonings as needed.

For each burger, scoop 1/3 to 1/2 cup of mixture and use your hands to shape into a patty.

Heat a nonstick skillet over medium heat. Place patties in hot skillet and cook until well-browned, 3 to 4 minutes. Flip carefully, and cook for 3 to 4 minutes more.

ASSEMBLE & SERVE

Slice tomatoes and avocados, separate lettuce, and toast buns, if you'd like. Serve burgers on buns, topped with fixings of your choice.