

## **Black Bean, Quinoa, Beet Burgers**

These are awesome. Core Diet approved!

Makes 8 patties - but don't be intimidated, they freeze (or keep) well, too!

Can be made on stove top, in oven (my preference) or on the grill (a bit risky as they can fall apart if you don't let them sit in the fridge long enough).

Can be served over greens, on a bun, topped with cheese / assorted veggies.

### **Ingredients:**

3/4 cup cooked quinoa  
1/2 large red onion (finely diced - approx 3/4 cup)  
1 cup finely chopped mushrooms  
1 pinch each: salt & pepper  
1 15-ounce can black beans (well-rinsed and drained)  
1 cup finely grated raw beet  
1 tsp cumin  
1/2 tsp chili powder (or sub extra cumin)  
1/4 tsp paprika (optional)  
1/2 cup raw walnuts, almonds (crushed or ground into a loose meal) or bread crumbs

### **Instructions:**

1. Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot add the onion and sauté, seasoning with salt and pepper.
2. When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Season with another pinch of salt and pepper and cook until the mushrooms and onions are slightly browned and fragrant – about 3 minutes.
3. Remove from heat and add black beans and mash. You're looking for a rough mash, so you can leave a bit of texture if you want.
4. Transfer the mixture to a mixing bowl and add the quinoa, beets, spices and stir. Add seasonings to your desire.
5. Lastly, add the walnut meal a little at a time until the mixture is able enough to form into patties. Set in the fridge to chill while your oven preheats to 375 degrees (skip this step if cooking on the stovetop or grill)
6. Coat a baking sheet with nonstick spray or olive oil.
7. Form mixture into roughly 8 round patties. The thicker you make them, the longer they'll take to cook through, but the "juicier" and heartier they'll be! Thinner patties will cook faster.
8. Arrange burgers on a baking sheet and brush or spray the tops with olive oil. Bake at 375 for a total of 30-45 minutes, gently flipping at the halfway mark. Cook longer to dry them out even more and achieve more crisp.

\*\*\* FREEZING: If you don't want to cook the whole batch at once, form into patties and bake them at 375 degrees for 15-20 minutes. Then cool and stack between layers of parchment

paper and cover. Freeze for up to a few weeks. To cook, place on baking sheet still frozen and bake at 375 degrees) until desired texture/color is reached - roughly 25-35 minutes.  
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Serve on small buns or atop mixed greens with desired toppings. See notes for freezing instructions.