

Black Bean & Quinoa Veggie Burger

Healthy Black Bean & Quinoa Veggie Burger recipe packed with protein. Easy homemade veggie patties perfect for vegetarians and meat lovers alike!

15 min

PREP

10 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup quinoa
- 15 oz black bean
- 1 cup breadcrumb
- 1 cup red onion
- 2 clove garlic
- 1 cup cilantro (coriander)
- 1 tsp cumin
- 1 egg
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Cook the quinoa

Rinse 1 cup quinoa in cold water until the water runs clear. Bring 2 cups water to a boil, add quinoa, reduce heat to low, cover and simmer for 15 minutes until water is absorbed. Remove from heat and let stand 5 minutes, then fluff with a fork and set aside to cool completely.

2 Prepare the black beans

Drain and rinse the 15 oz can of black beans in a colander until water runs clear. Transfer to a large bowl and mash roughly with a fork, leaving about one-quarter of the beans whole for texture.

3 **Sauté the aromatics**

Heat 1 tablespoon oil in a medium skillet over medium heat. Add 1 cup diced onion and cook for 3-4 minutes until softened and translucent. Add 2 minced garlic cloves and cook 30 seconds until fragrant. Remove from heat.

4 **Combine the base mixture**

Add the cooled quinoa and sautéed onion mixture to the bowl with mashed black beans. Stir in 1 cup breadcrumbs, 1 teaspoon cumin, 1 teaspoon paprika, and season with salt and pepper to taste.

5 **Bind and form patties**

Beat 1 egg and stir into the mixture until everything holds together when pressed. Divide into 4 equal portions and shape into patties about 4 inches wide and $\frac{3}{4}$ inch thick, pressing firmly so they hold together.

6 **Chill the patties**

Place patties on a plate, cover with plastic wrap, and refrigerate for 30 minutes to firm up and help prevent breaking during cooking.

7 **Cook the burgers**

Heat 1 tablespoon oil in a large skillet over medium heat. Cook patties for 4-5 minutes on the first side without moving them, until golden brown and crispy. Flip carefully and cook 4-5 minutes more until heated through and golden on both sides.

8 **Serve immediately on toasted burger buns with desired toppings.**

Tips

Chill the formed patties for at least 30 minutes before cooking to help them hold their shape better. This step is crucial for preventing the burgers from falling apart during cooking.

Don't overmash the black beans - leave some texture for a more interesting bite. Aim for about 75% mashed with some whole beans remaining for the best texture.

Toast your quinoa before cooking it for added nutty flavor. Simply dry-toast it in a pan for 2-3 minutes until fragrant before adding liquid.

Use a food processor to finely chop vegetables like onions and garlic for even distribution throughout the patties without large chunks that might cause breaking.

Cook over medium heat rather than high heat to ensure the patties cook through without burning the exterior. A good crust takes time to develop properly.

Make a small test patty first to check seasoning and texture. This allows you to adjust the mixture before forming all the burgers.

Brush the patties with a little oil before cooking instead of adding oil to the pan for more even browning and to prevent sticking.

Let the burgers rest for 2-3 minutes after cooking before serving to allow them to firm up slightly and make handling easier.