

Black Bean Beet Burger

These vegetarian burgers mimic the look and feel of ground beef burgers but are higher in fiber, potassium and phytonutrients, lower in fat and contain less than 1g of saturated fat.

Serving Size: 1 patty • **Yield:** 8 servings • **Time:** 2 hours

Ingredients

- 2 2" diameter (1¼ cup) Beets, raw
- 8 oz. (¾ cup) Mushrooms, sliced (100 g = 3.5 oz)
- 1/2 cup quinoa, dry
- 1 can (15.5 oz) Black beans, canned, rinsed – 1 can (15.5 oz = 432 g = 1¾ cup)
- 2 clove Garlic, minced
- 2 large Eggs
- 1/2 cup Old-fashioned or instant oats, plain
- 1 teaspoon Olive oil

Method

1. In a small saucepan, bring one cup water to a boil. Then add quinoa, bring down to low heat, cover and simmer until all water is absorbed (about 15 minutes).
2. Using a cheese grater or mandolin to shred the beets. Finely chop mushrooms. If using a food processor, shred beets on high setting. You may also shred mushrooms at the same time.
3. In a medium sized skillet, heat olive oil. Add prepared mushrooms and beets and continue cooking uncovered until beets begin to dry, about 15 minutes.
4. In a food processor, add oats and process until a finer texture. They should resemble instant oats. To skip this step, use 1/2 cup instant oats.
5. Add cooked mushrooms, beets, cooked quinoa, black beans, garlic, eggs, and oats to the food processor and blend until all foods are a finely chopped (not pureed) consistency and well combined. You may also add all ingredients to a large mixing bowl and mash with a potato masher until well combined.
6. Use a 1/2 cup measuring cup to portion out eight patties onto a lined, sprayed with cooking spray baking sheet. Cover and let cool in the refrigerator for at least one hour. This step allows for the burger to hold more firmly when eating.
7. Preheat oven to 375°F and cook the black bean and beet patties for 30 minutes or until it reaches a temperature of 160°F.
8. Serve on a whole wheat bun with romaine lettuce or spinach, and guacamole or light sour cream topping.

Nutrition Facts

8 servings per container
Serving size 1 patty (1/2 cup)

Amount Per Serving
Calories 140

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.8g	
Monounsaturated Fat 1.1g	
Cholesterol 45mg	15%
Sodium 110mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0.3mcg	2%
Calcium 37.6mg	2%
Iron 2.1mg	10%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

