

Black Bean Quinoa Burger

Makes: 4-6 burgers



INGREDIENTS

- 2 tablespoons oil
- ¼ cup yellow onion, diced
- ½ cup green or red pepper (or a combination), diced
- ½ cup portabella mushroom, diced, stems and gills removed
- 1 teaspoon salt, divided
- ¼ teaspoon pepper
- 1 cup canned black beans, drained and rinsed
- 1 cup rolled oats, divided
- 1 teaspoon chipotle powder (spicy) or smoked paprika (mild)
- ½ cup cooked quinoa

PREPARATION

1. Heat 1 tablespoon oil in a skillet over medium-high heat and add onion, pepper, mushroom and ¼ teaspoon salt and pepper. Sauté until slightly soft and set aside to cool.
2. Once veggies have cooled, pulse 5-7 times in a food processor with black beans, ½ cup rolled oats, chipotle/smoked paprika and remaining salt, until mixed, but not smooth. The mixture should still have some texture.
3. In a mixing bowl, add veggie and bean mixture, remaining ½ cup oats and ½ cup cooked quinoa and mix well.
4. Form into patties. The mixture should make 4 large patties or 6 smaller patties. Note: At the Underground, we make these in advance and chill them in the refrigerator until it is time to cook. If they are falling apart when you cook/eat, you may want to chill for a bit before cooking.
5. Heat 1 tablespoon oil in a skillet over medium-high heat. Cook about 2-3 minutes per side. After cooking, place on a paper towel to absorb any excess oil.

Enjoy on a bun with your favorite burger toppings.

Want to try the original? Once you're a Tartan, you can order up at **The Underground**, one of CMU's 35+ dining options.

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