

Black Bean Quinoa Burger

Plantrician approved recipe by Andréa Dunnam



These burgers are a wholesome alternative to processed meat substitutes—perfect for meal prep, grilling season, or weeknight dinners. Made with fiber-rich and protein-packed black beans and quinoa, and antioxidant-rich vegetables and spices, this burger not only supports digestion and heart health, but also helps stabilize blood sugar and promote satiety. Spices like cumin, paprika, and garlic powder bring bold, smoky flavor, while rolled oats help bind the patties naturally—no eggs or breadcrumbs required.

Yield: Six (½ cup) patties

Ingredients:

- 2 cups Black beans, drained and rinsed
- ¼ cup Ketchup (I use *Primal Kitchen Organic Unsweetened Ketchup*)
- 1 T Liquid aminos
- ½ cup Yellow onion, diced
- ½ cup Red bell pepper, diced
- 1 cup Cooked quinoa, cooled
- ½ cup Rolled oats
- 2 tsp. Garlic powder
- 1 tsp. Chili powder
- 1 tsp. Ground cumin
- 1 tsp. Onion powder
- 1 tsp. Smoked paprika

Directions:

-Cook 1/3 cup of dry quinoa according to its packaging instructions, Set aside.

-In a large mixing bowl, mash the black beans until mostly smooth, leaving some chunks for texture.

-Add ketchup and liquid aminos and stir.

- Add onion, bell pepper, and **cooked** quinoa, and stir.
- In a separate bowl, combine rolled oats, garlic powder, chili powder, ground cumin, onion powder and smoked paprika.
- Add the dry mixture to the wet ingredients and stir until well combined. (If the mixture is too wet, add more oats until it reaches a firm consistency.)
- Shape the mixture into six patties (using a measuring cup to scoop a ½ cup of mixture at a time for each patty.)
- Place burger patties on a parchment-lined cookie sheet and place in a preheated 350-degree F oven and bake for 25 minutes.
- Serve on whole-grain buns with your favorite toppings.

Notes:

- If you choose to grill the burgers, refrigerate patties for at least 30 minutes before cooking to help them hold together better.
- Store leftover patties in an airtight container in the refrigerator for four days or freeze for up to two months.
- Some of my favorite toppings are lettuce, tomato, onion, sprouts, mashed avocado, hummus, and ketchup.

Recipe Author

Andréa Dunnam of The Plantrician Project, is a plant-based cook who enjoys sharing simple, approachable recipes through live cooking demonstrations. She focuses on creating whole food, plant-based dishes using everyday ingredients that are both nourishing and delicious.

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