

DOMINICAN BLACK BEAN AND QUINOA BURGER

Recipe by Xavier Romero

INGREDIENTS

BLACK BEAN AND QUINOA PATTY

- 1 can black beans (15 oz.)
- 2 cups cooked quinoa (red or black quinoa)
- 1/2 red onion (diced)
- 4-5 sprigs cilantro (diced)
- 1-2 tsp. garlic powder
- 1-2 tsp. onion powder
- 1-2 tsp. Adobo (classic Latin seasoning)
- Salt (to taste)

- 1 tsp. black pepper (or to taste)
- 2 Tbs. avocado oil

TOPPINGS/BUNS FOR BURGER:

- Your favorite vegan buns
- 1 tomato (sliced)
- 1/2 red onion (sliced)
- Few leaves of green butterhead lettuce
- 1 sweet plantain (sliced and lightly fried)
- 1 Tbs. avocado oil

SAUCE

- 1/4 cup vegan mayonnaise
- 1/4 ketchup
- 1/2 lemon (juiced)



DIRECTIONS



1. Carefully blend or mash black beans and quinoa in a blender or food processor (until thick and chunky like ground meat consistency).
2. Add the onions, cilantro, garlic powder, onion powder, adobo, salt, and black pepper (let your ancestors guide you while seasoning).
3. Shape into individual burgers/patties.
4. Heat 2 Tbs. avocado oil in skillet and cook burger on low to medium heat for 4-6 minutes on each side (until cooked through).
5. Place cooked burger on bun.
6. Add tomatoes, red onions, and lettuce to top off the cooked burger!
7. Add 1 Tbs. avocado oil to skillet and lightly fry sliced plantain and add to burger when done (optional).
8. Combine vegan mayo and ketchup in bowl and whisk until it turns a peachy pink color.
9. Add lemon juice to this sauce.
10. Add salt and garlic powder to sauce for extra flavor and umph!
11. Spread this homemade sauce on your burger and enjoy!