

# Bean Burgers with Spicy Guacamole

## Ingredients:

- ½ cup water
- ¼ cup quinoa
- ¼ tsp. salt
- 1 ½ tbsp. olive oil
- ½ cup red onion
- 1 garlic clove, minced
- 2 ½ cup pinto beans, well drained
- 1 tsp. paprika
- ½ tsp. cumin
- 3 tbsp. fresh cilantro, chopped
- 3 tbsp. cornmeal, plus ⅓ cup for coating burgers
- ¼ tsp. ground pepper
- 6 whole wheat hamburger buns, toasted
- 6 lettuce leaves
- 6 tomato slices

### Guacamole ingredients:

- 1 avocado, ripe
- ¼ tsp. salt
- 2 tbsp. cilantro, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. red onion, finely chopped
- ⅛ tsp. cayenne pepper
- ⅛ tsp. salt



## Nutrition Facts

Serving Size 1 burger (221g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 360	<b>Calories from Fat</b> 90
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 13g	<b>52%</b>
Sugars 6g	
<b>Protein</b> 13g	
Vitamin A 10%	Vitamin C 15%
Calcium 10%	Iron 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	<small>Less than 65g    80g</small>
Saturated Fat	<small>Less than 20g    25g</small>
Cholesterol	<small>Less than 300mg    300mg</small>
Sodium	<small>Less than 2,400mg    2,400mg</small>
Total Carbohydrate	<small>300g    375g</small>
Dietary Fiber	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

## Directions:

1. Bring water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water has been absorbed, about 10 minutes. Uncover and let stand.
2. Heat 1 tablespoon oil in a medium skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until soft and fragrant, about 3 minutes. Add beans, paprika and ground cumin and mash the beans to a smooth paste with a potato masher or fork. Transfer the mixture to a bowl and let cool slightly. Add the quinoa, 3 tablespoons cilantro, 3 tablespoons cornmeal, salt and pepper; stir to combine.
3. Form the bean mash into 6 patties. Coat them evenly with the remaining ⅓ cup cornmeal and transfer to a baking sheet. Refrigerate for 20 minutes.
4. To prepare guacamole: Mash avocado with a potato masher or fork. Stir in cilantro, lemon juice, onion, garlic, cayenne and salt.
5. Preheat oven to 200°F.
6. Heat oil in a large cast-iron (or similar heavy) skillet over medium-high heat. Reduce heat to medium and cook 3 burgers until heated through and brown and crisp on both sides, 2 to 4 minutes per side. Transfer to the oven to keep warm. Cook the remaining 3 burgers with the remaining 1 tablespoon oil, reducing the heat as necessary to prevent overbrowning. Serve the burgers on buns with lettuce, tomato and the guacamole.