

Kidney Bean-Quinoa Burgers

Serving: 4

Ingredients

- $\frac{1}{4}$ cup **quinoa** (*3/4 cup cooked*)
- $\frac{1}{2}$ cup **water** (*if making quinoa*)
- 1 $\frac{3}{4}$ cup **kidney beans** (*or 15-oz can, drained and rinsed*)
- 2 tablespoons **barbecue sauce**
- 2 tablespoons **ketchup**
- 2 tablespoons **soy sauce** *low-sodium*
- 1 tablespoon **yellow mustard**
- 1 teaspoon **onion powder** (*granulated*)
- 1 teaspoon **garlic powder** (*granulated*)
- 1 tablespoon **Italian seasoning** (*or just 2 tsp oregano*)
- $\frac{1}{2}$ teaspoon **paprika**
- $\frac{1}{4}$ cup **ground flaxseed**

Directions

In a small saucepan, combine the quinoa with $\frac{1}{2}$ cup of water, cover, and bring to a boil. Once boiling, reduce the heat to low and continue to cook (with lid) until the quinoa is fluffy and all water has evaporated (about 15 minutes). Remove from heat and let sit for 5 minutes.

Preheat the oven to 450 F.

Line a cookie sheet with parchment paper.

Meanwhile, in a mixing bowl, mash the beans with a fork (or a bean masher) until they are the consistency of refried beans. Add the remaining ingredients in order, then add the cooked quinoa, and stir to combine.

Break the mixture into equal segments. Roll each into a ball, flatten it, and shape it into a patty using your hands.

Bake the patties on the prepared cookie sheet for 8 minutes. Flip them over and bake them for 8 more minutes; then flip and bake them again for 5 minutes, if necessary.

When the burgers are brown and crisp on the outside, they are done.

