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**MOUTH
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Delicious Red Bean Nut Burgers

I have been making veggie burgers for years – even before I became vegetarian – I love them. These great ones are very tasty indeed, and work very well served on slices of fried eggplant and a raw salad of your own choice. I served it as described, except I decided to make some mushroom porcini rice and garnished with grated vegan cheddar cheese. You will not regret making these,

and oh, by the way, they freeze very well indeed. Enjoy !

Makes 6 burgers

INGREDIENTS

- ½ cup red quinoa
- 1 cup mashed potatoes (ready made is fine)
- 4 tbsps olive or canola oil
- 1 medium red onion, finely chopped
- 3 garlic cloves, finely chopped
- 4 tbsps fresh parsley, finely chopped
- 1 tsp curry powder
- 1 cup red kidney beans – tinned is fine, but rinse thoroughly, and then mash into a pulp
- 2½ tbsps grated fresh ginger
- 1 cup mixed pecan & brazil nuts, finely chopped

- salt to taste
- zest and juice of half a lime
- 1 slice whole-meal dried breadcrumbs
- a little flour for dusting

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INGREDIENTS FOR TOPPING

- 1 tbsp soya sauce
- 1 tbsp maple syrup
- ½ tbsp balsamic vinegar

Mix the above in a cup



METHOD

Start off by thoroughly rinsing the quinoa, then place in a small saucepan, and boil for around 10-15 minutes. Lower the heat, and simmer until the water is absorbed (careful not to let it stick). Now allow to cool.

0 Next, make the mashed potatoes according to packet instructions or microwave a medium sized potato (with its skin) until soft, then peel off skin and mash thoroughly. Add a teaspoon of margarine, and mash until creamy and fluffy.

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Now in a frying pan add 2 tablespoons of olive oil, and fry your onion and curry powder together, stirring for a few moments. Then add the garlic, ginger, parsley and stir for a further minute or so.

Meanwhile, place the mashed potatoes, quinoa, kidney bean pulp, onion mix, nuts, and breadcrumbs, in a bowl, and mix well. Then add the lime juice and zest. When mix is well-blended, shape into 6 burgers with clean hands – first roll into a ball in the palm of your hands and then flatten. Place onto a large floured plate – and refrigerate for at least an hour.

Pour 2 tablespoons of your oil into a non-stick frying pan, and fry the burgers on a medium heat on both sides, for around 5 minutes on each side, until browned. Now place in an oven proof dish, and place in a hot oven for a further 10 minutes. Finally spoon on the topping, and serve.

All recipes, content & design © Miriam Sorrell www.mouthwateringvegan.com 2010

These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave a constructive comment !



NY
VEGETARIAN
FOOD FESTIVAL

Rainbow Spring Rice
Salad



Miriam Sorrell at New
York Vegetarian Food
Festival

34 COMMENTS



karlene michael

April 6, 2011 at 5:34 am

Hello Mariam,

I'm vegan and that red bean nut burger looks delicious!

I've made one similar to yours, but would love to try this too! The only thing I don't do tho, is fry!...

I bake in the oven: 10 mins at first. Then I remove from the oven, re-shape them, turn them over and put them back in for the remaining time...

I'll let you know how it goes:-)

karly



Miriam

April 6, 2011 at 7:08 am

Hi Karly, thanks for your comment, I think that how you cook your burger/s sounds great – and is an optional way of cooking them. A very slightly greased non-stick oven dish would do the trick perfectly – I do make some patties and burgers using this method too, so yes, it does work very well, especially letting them get some nice colour on both sides as well as a little surface crunch. Hope you enjoy my recipe, and look forward to your feedback.
Best to you !



Denise

April 6, 2011 at 6:36 pm

All these recipes look wonderful. What is the best way to print them?

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Miriam

April 6, 2011 at 7:52 pm

Thanks for your comment. Re printing, not sure, as it depends on your setup. But if you save the page you want as a pdf, you should be able to print from there. Miriam



Veroni

April 8, 2011 at 1:10 pm

I'll be trying this one! It looks delicious! Can you recommend a substitute for red quinoa?
Thank you dear Miriam for your amazing creations!



Miriam

April 9, 2011 at 11:09 am

Veroni Hi and thanks. You can use millet if you wish or fine lentils instead, but something that is not large or too grainy in size and texture. Let me know how it goes. Best to you!



Alexia

April 9, 2011 at 4:06 pm

Hi Miriam, This looks wonderful! Quick question... I've only got regular quinoa in the pantry (in fact, I don't know if I've seen red quinoa before). Is it okay to substitute?

**Miriam***April 10, 2011 at 12:05 pm*

Alexia Hi, regular quinoa is fine no problem. Let me know how it all goes and enjoy !

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**Michelle***April 23, 2011 at 8:20 am*

Ok I'm making this one for sure, but I will have to make a few for the freeze to justify the ingredients in my shopping basket. Dumb question , at what point do I freeze and how long will they keep that way. Much appreciation xx

**sylvia***April 24, 2011 at 4:27 am*

Yummy!!!!

**Miriam***April 25, 2011 at 11:01 am*

Hope you enjoy it Sylvia !

**Miriam***April 25, 2011 at 11:07 am*

Hi Michelle. Okay, what you want to do prior to freezing is just place in the refrigerator (having dusted them with a little flour to remove some surface moisture) for a couple of hours, then wrap them and freeze. They should keep for several weeks 4-6 weeks, when I

freeze them we eat them up within 2-3 weeks usually – knowing they are there is great when you feel like healthy food but are just too tired to make anything – that is when you will appreciate them the most – cook them from frozen, either bake in a well-greased non-stick oven tray for 10 minutes on each side (making sure that the centre is cooked properly, stick a knife in to make sure it's thawed at that point.

0 Otherwise fry from frozen turning every 5 minutes on a medium heat. Best to you.
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Billy Sheerin

December 2, 2011 at 9:25 am

Obviously, such a magnificent blog along with lighting up articles, saying thanks definitely will not simply be enough, for the wonderful clarity in your writing. Thanks for your efforts and consideration of other individuals by making this blog available.



Miriam

December 3, 2011 at 12:46 pm

Hi Billy and thanks for great comment. Cheers to you.



Oleksiy

February 16, 2012 at 12:21 pm

going to try them out this week! thanks a lot!



Miriam

February 16, 2012 at 2:19 pm

Olwksiy Hi there and thanks for dropping by here. I do hope you enjoy this recipe, let me

know how it goes as and when. Best to you !



Melissa

February 18, 2012 at 6:46 pm

What a lovely recipe (Red Bean Burgers)... I love the fact that the ingredients are not too exotic and that those of us who live in the Bahama Islands can find everything to make them without a hitch! Thank you Miriam! XXX



Miriam

February 20, 2012 at 7:31 pm

Melissa Hi there and welcome here, thanks for dropping by with your comment and I look forward to your feedback on these burgers as and when you make them – Meantime, cheers to you !



RobA

March 4, 2012 at 9:23 pm

Hi, just out of interest, how did you do the rice in the picture? How did you shape it?



Miriam

March 5, 2012 at 9:33 am

Hi RobA and thanks for dropping by here. The rice was placed in a ramekin dish, and then turned upside down onto a plate (before the rest was added). Hope this helps. Best.

**Karolina***April 15, 2012 at 9:19 am*

These burgers were simply SENSATIONAL!! The combination of flavours was exquisite. My entire family loved them and they are currently at the top of our list of favourite burgers.

Thanks so much for sharing your yummy recipes 😊

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Shares**Miriam***April 15, 2012 at 4:51 pm*

Hi there Karolina and thanks for dropping by here with your comment. I am delighted and happy that your entire family loved these burgers, and what's more are currently at the top of your favourite burgers, how awesome ! I very much look forward to your future comments on my blog and Cheers to you !

**Toyin***July 3, 2012 at 4:52 am*

I love burgers, but they all seem to have nuts in them (allergic to all nuts). Is there a seed alternative or other that would still make this delicious looking burger possible? Also, kudos on the alt. "burger bun" idea...nice!!!

**Miriam***July 3, 2012 at 7:24 am*

Toyin Hi there and welcome here. I am going to recommend slightly roasted or toasted sunflower seeds for you and some raw grated carrot to make up the nut quantity in this recipe. Hope this helps and I look forward to your future comments and feedback on my site. Best to you in the meantime.

**Eibhlin***July 25, 2012 at 2:01 pm*

I just discovered your site yesterday – well written, great food photography and most certainly mouthwatering. I have never used quinoa and am looking forward to trying these burgers out at the weekend 😊 With the help of your recipes I might even change my boyfriend's anti-vegan attitude.

**Miriam***July 25, 2012 at 2:35 pm*

Eibhim Hi there and welcome to my site. Thanks for dropping by here with your comment and compliment. I hope you enjoy this burger, add more breadcrumbs if you wish for a denser burger, otherwise enjoy as is. Best wishes your way and I look forward to your future comments and feedback on my blog as and when. Meantime best wishes your way (hope your husband likes the recipes too, there is much to choose from my category section).

**Wendi***December 18, 2012 at 10:38 pm*

Hi Miriam, I've made these twice now and they just fall apart when I fry them, what am I doing wrong? I do chill them for at least a couple of hours before frying. The flavours are great but they just turn into sloppy joes and I miss burgers since going vegan.

**Miriam**



December 19, 2012 at 11:56 am

Wendi Hi there and welcome here. These burgers have been made countless times, they are soft it is true, they are delicate, this is also true, but they don't fall apart when we make them. I am not sure what has not worked for you, but I would do one of 2 things – the first would be to add some more flour to the mix and then I would bake them on greaseproof paper in an oven dish and then serve them from there. The 2nd thing is I would possibly be inclined to ask you to try these ones instead, which are denser, just as healthy, and a favourite amongst many

<http://www.mouthwateringvegan.com/2012/05/19/mushroom-walnut-spicy-quinoa-burger-with-a-smoky-pineapple-salsa/>

Enjoy !

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Mike

March 30, 2014 at 11:18 pm

Good looking recipe...will try dry oatmeal to replace the bread crumbs.



Miriam

March 31, 2014 at 8:40 pm

Hi Mike, great idea, but you might need to double the quantity of oatmeal and use a little gluten free flour (tapioca or cornstarch will work the best for these). Enjoy !



Kathy

May 27, 2014 at 6:09 pm

I made these yesterday, from the recipe in your cookbook. Fantastic!!

Last week I tried to ad-lib my own kidney bean and red lentil burgers, which I made too thin

and they dried out in the oven. Yuck. This time I got out your cookbook and tried again.. 😊 I still had some of the lentil mixture leftover and tossed that into your recipe to use it up. And I used black beans instead of kidney beans, as that is what my pantry had this week.

I wasn't sure about the curry powder, but added it anyway and am glad I did. It just adds a little bit of something and is a nice aromatic as well.

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I love that I've got a bunch of quick tasty burgers in my fridge this busy week for quick meals. Thank you for the inspiration!



Miriam

May 29, 2014 at 10:28 am

That's awesome new Kathy and hope you enjoy making them whenever you fancy them – it's great to have extra in one's fridge/freezer. 😊



Carmel

August 3, 2016 at 3:53 pm

Hello Miriam

I've been looking for a place to subscribe to your newsletter but can't find the subscribe button. Can you help?



Miriam

August 11, 2016 at 12:35 pm

Hi there Carmel – just go to my homepage and the 'subscribe' entry is the first 'box' on the right hand side – here is the link for my homepage for you :
<http://www.mouthwateringvegan.com>

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