



Quinoa Veggie Burger

Equipment needed: ricer, potato masher or fork, mixing bowl, grill or flat top griddle

Yield: 4 – 5 oz patties

Ingredients

½ cup	#618222 Red, White Quinoa Blend	½ tsp	onion powder
1½ cup	#618233 Pinto Beans, Mashed	½ tsp	garlic powder
		1 tsp	Montreal steak seasoning
1	#610766 Brioche bun	½ tsp	smoked paprika
1 oz	grated carrot	¼ tsp	salt
1 oz	grated onion	1 pinch	black pepper
1 oz	grated zucchini	1/3 cup	Italian style bread crumbs
1 oz	mushroom, minced	Garnish:	lettuce, tomato, red onion, clover sprouts
2 oz	ketchup		
1 tsp	soy sauce		

Preparation

- 1) Mash pinto beans using a ricer, potato masher or fork
- 2) Combine all dry and wet ingredients by hand or in mixing bowl
- 3) Form into 4 – 5 oz patties
- 4) Heat grill or flat top to medium heat. Grill about 4 minutes on each side