



Caribbean Jerk Quinoa Burger

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

Yield: 4 – 5 oz patties

Ingredients

½ cup	#619233 <i>Black, Red, White Quinoa Blend</i>	1 tsp	blackened seasoning
		¼ tsp	onion powder
1½ cup	#618235 <i>Black Beans, Mashed</i>	¼ tsp	garlic powder
		¼ tsp	cumin
1	brioche bun	¼ tsp	salt
1 oz	grated onion	¼ tsp	pepper
1 oz	grated carrot		
1 tbsp	tomato paste		
2 tbsp	bbq sauce		
1/3 cup	plain breadcrumbs		
1 tsp	jerk seasoning		
Garnish	Swiss cheese, bbq sauce, grilled pineapple ring, lettuce, tomato, red onion		

Preparation

- 1) Mash black 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