

CHIPOTLE QUINOA BURGERS

PULSE IN FOOD PROCESSOR

- 1 ½ cups **cooked quinoa** (*about ½ cup uncooked*)
- one 14-ounce can **black beans**, *rinsed and drained*
- 1-2 individual **chipotle peppers**
- ½ teaspoon each: **garlic powder, onion powder, chili powder, cumin**
- 1 **egg**, *beaten*
- 1 teaspoon **salt**
- ¼ cup **panko breadcrumbs**

Form into 4 large patties and freeze on a baking sheet lined with parchment paper. Once frozen solid, store in a bag or container.

BAKE

350 degrees 35 mins

STOVETOP

Medium High 10 mins

Flip halfway through

FINAL STEP

Serve on buns with spicy mayo, avocado, lettuce, tomato, pickled onions, and whatever else you like.

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