Southwestern Veggie Burgers

Makes 8 Burgers

Ingredients

* 1 cup uncooked white quinoa
* 15oz can Kidney beans, drained
* 1 medium onion
* ¼ cup green chilies chopped
* 1 egg
* 2 cups bread crumbs
* 1 Tbsp garlic powder
* 1 tsp chipotle powder
* 1 cup shredded sharp cheddar cheese

Directions

1. Preheat oven to 400F.
2. Bring 3 cups of water to boil. Add quinoa and cook for 15 minutes or until “sprouted” looking.
3. Meanwhile quarter onion and chop in food processor.
4. Add drained kidney beans, green chilies, egg, garlic powder, chipotle powder, and cheese to the food processor and pulse into paste.
5. Drain quinoa and add to food processor. Pulse until mixed.
6. Transfer mixture to a bowl and add bread crumbs. Mix thoroughly.
7. Form hamburger size patties out of the mixture.
8. Bake on an oiled cast iron skillet or cookie sheet for 8 minutes. Flip burgers over and spray the pan under the burgers with cooking spray so they don’t stick on the other side.
9. Prepare your burger fixings and melt cheese on the burgers during the last minute of cooking if desired. These burgers are great with lettuce, black olives, jalapenos, and salsa!