

## Vegetarian Bean Burger

This healthy, low-cost recipe features many of the ingredients available at the Rhode Island Community Food Bank. Take a look and try it out at home.

### Ingredients:

15 oz. vegetarian beans (or any type of beans)  
¼ cup bread crumbs  
¼ cup quinoa  
½ cup water  
3 tbsp minced red pepper  
½ cup sweet potato (chopped small)  
¼ cup minced onion  
1 tsp salt  
3 tbsp extra virgin olive oil  
1 tbsp Worcestershire sauce

### Directions:

1. Bring the quinoa and water to a boil in a saucepan.
2. Reduce heat to medium-low, cover and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
3. Open canned beans and rinse thoroughly. Add beans and quinoa to a mixing bowl along with bread crumbs, red pepper, sweet potato, white onion, salt and Worcestershire sauce.
4. Once all ingredients are added, mix well smashing some beans to make a paste.
5. Make sure that you have some whole beans still in your mix as well. Once your mix is combined, you can start forming your burgers.
6. Heat up a sauté pan using 2 tbsp of olive oil and sear your burger for 4-5 minutes on each side.
7. Build your burgers and enjoy!

