

Smoky BBQ Black Bean Burger

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-vegetable-recipe-for-thanksgiving>

Ingredients:

- 1 cup quinoa cooked + cooled, divided, see notes for cooking instructions
- 15 ounces black beans rinsed and dried
- 2/3 cup pecans
- 1 tablespoon coconut oil plus more for cooking burgers, or water
- 1 sweet potato medium, ~130 g peeled and cut into 1/4-inch rounds, ~1 heaping cup
- 2 cups cremini mushrooms ~150 g thinly sliced, ~1 cup cooked down
- 2 tablespoons coconut aminos optional
- 1/2 teaspoon sea salt plus more to taste
- 2 1/2 teaspoons chili powder
- 2 1/2 teaspoons cumin powder
- 3 tablespoons bbq sauce vegan-friendly, I like Annie's organic original BBQ sauce, plus more for glazing
- hamburger buns
- lettuce
- veggies choice, i.e. onion, cabbage, tomato, pickles

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 66 grams
3. Fat: 24 grams
4. Fiber: 16 grams
5. Protein: 19 grams
6. SaturatedFat: 5 grams
7. Sodium: 880 milligrams
8. Sugar: 8 grams

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