

Mushroom Burger

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/lime-pickle-recipe-anglo-indian>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/2 onion finely chopped, 1/4 cup
- 1 garlic clove minced
- 15 ounces black beans rinsed and drained
- 1 cup cooked quinoa make ahead of time according to package directions
- 1/2 cup potato puree sweet, I used canned
- 1/4 teaspoon ground cumin
- 2 portobello mushrooms
- freshly ground pepper to taste
- sea salt
- 1/2 avocado peeled, pitted, and sliced, optional
- tomatoes
- spinach arugula is also a good choice
- avocado a favorite obvi
- red onion
- cilantro
- pickles
- lime

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 5 milligrams
4. Fat: 30 grams
5. Fiber: 31 grams
6. Protein: 25 grams
7. SaturatedFat: 5 grams
8. Sodium: 1650 milligrams
9. Sugar: 9 grams

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