



# COOKING FOR WELLNESS

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## BLACK BEAN-QUINOA BURGER WITH ROASTED POBLANO-LIME SOUR CREAM

### BLACK BEAN-QUINOA BURGER INGREDIENTS

1 ½ cups black beans  
1 cup quinoa, cooked  
½ cup corn kernels  
½ cup red bell peppers, diced  
2 Tbsp. garlic cloves, minced  
1 Tbsp. cumin  
1 Tbsp. coriander  
½ Tbsp. smoked paprika  
2 Tbsp. fresh cilantro, chopped  
¼ cup tomato marinara  
1 egg  
¼ cup all purpose flour or rice flour  
¼ Tbsp. salt and pepper mix

### ROASTED PABLANO AND LIME SOUR CREAM INGREDIENTS

1 cup sour cream or plain yogurt  
2 Tbsp. roasted poblano paste  
2 tsp lime juice

### INSTRUCTIONS

1. Pulse black beans, corn, bell pepper, garlic, cilantro, seasonings in the robot coupe and process until only slightly chunky.
2. Add to large bowl, then add marinara and fold in the cooked quinoa, egg and flour. Mix together and taste for seasoning adjustments.
3. Refrigerate mix in covered bowl for at least 2 hours to bind together.
4. Make 4 oz. portion sizes, about ½ " thick patties.
5. Sear in oil, flip and finish in oven for 4 minutes.
6. Serve on Brioche bun with lettuce, sliced red onion, 2 sliced tomatoes, three slices of ripe avocado on top of burger and spread poblano-lime sour cream on bun.
7. For sour cream mix: mix all ingredients and season with salt and pepper.