

VEGGIE BURGERS, FULLY



THE COOKFUL

*Edited by Christine Pittman and Lyndsay Burginger
Brought to you by Produce for Kids*

Veggie Burgers, Fully

It's summertime and everyone's mind, and stomach, is turning to the grill. Mine too! Which is why TheCookful team and I have decided to focus on some delicious grilled food. Except, instead of focusing on the standard grill favorite (meat!) we've gone in the opposite direction and are talking about vegetarian burgers.

Why vegetarian burgers? They're delicious (or can be) and healthy and just plain great for vegetarians and meat-eaters alike. Yes, really. Try not to think of veggie burgers as a meat alternative but as a tasty food in their own right. Like, if you're having a BBQ or party this summer, don't try to satisfy your vegetarian friends by grabbing a frozen box of veggie burgers from the grocery store. Whip up one of our delectable recipes and serve them to everyone as a delicious option. We have such hearty flavorful recipes for you. You're going to love them all and so will your guests.

We have so much in store for you in this ebook. Like I said, some delicious recipes, using beans, tofu, quinoa and tons of vegetables, of course. We've also got a cool formula for making veggie burgers out of things you already have on hand. And, if you find yourself needing to reach for that box of pre-made burgers, we've got you covered there too with a taste-test and comparison of some of the major vegetarian burger brands. So much tasty veggie-packed info awaits!

Now let's fire up that grill. It's summertime, baby!

Christine

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Everything You Need For Perfect Veggie Burgers

By Christine Pittman

No special tools are needed here! Here's a look at some of our favorite basic tools to prepare scrumptious veggie burgers.

Just like normal (i.e., ground beef) burgers, veggie burgers are very simple to make and require little to no special tools or ingredients. All of these items may already be hiding in your kitchen somewhere, so it's time to dig them out and give a new vegetarian burger recipe a try.

The easiest way to figure out what tools you may need is to go through a basic vegetarian recipe step by step.

With any basic vegetarian burger recipe we are going to be including some kind of vegetable (shocking right?). So for this we need a knife, a cutting board, and for those veggies with peels,

Veggie Burger Shopping Guide

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a peeler. And yes, it's been scientifically proven that you peel vegetables at the speed of sound with a monkey-shaped peeler.*

*This may be a slight exaggeration.

Next you may need to mix some of the ingredients together with a food processor or even a blender. Depending on what kind of burger you're making, you might need to squeeze some excess water out. You can either do that with a little bit of cheesecloth or even a simple sieve.

Now it's time to grill! You can either fire up an outdoor grill or even move the party inside with an indoor grill. We love using grill pans on the stove, they get even grill marks, except sometimes they can get a little smokey. Keep a window open.



Southwest Black Bean Burger

Courtesy of Produce for Kids

Try this family-friendly black bean burger tonight. Shh, don't tell them it's not beef, they won't even notice.

Black beans are full of fiber and protein. They have a meaty texture that makes them a perfect vegetarian burger ingredient. In this burger, brought to us by [Produce for Kids](#), the beans are mixed with some tasty veggies and Southwest seasonings for each flavor.

There is a step in the instructions that we hope you pay particular attention to. It's the part of Step #1 where you squeeze moisture out of the chopped onions and peppers. In working on the recipes for our Vegetarian Burger Series, one of the things we discovered is that quite often veggie burgers fall apart when they're cooking. We guessed that it was due to too much moisture seeping out of veggies as they heat and cook. We began doing the squeezing trick and the falling apart problem went Poof!

To squeeze the moisture out of veggies, put the veggies on several sheets of kitchen towel or

Southwest Black Bean Burger

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cheesecloth, if you have it (we prefer the cheesecloth because it doesn't tear when wet, but go with what you have). Wrap the veggies up and then squeeze the bundles over the sink. Alternatively, you can put the veggies in a fine mesh sieve. Place it in the sink and push down on the veggies until their liquid has been released.

Yield: 12 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

1/2 red bell pepper, cut in half

1/2 small sweet onion, cut in half

1 (15 oz.) can low-sodium black beans, drained, rinsed

1 large egg

1/2 cup whole wheat breadcrumbs

1 and 1/2 teaspoon chili powder

1 and 1/2 teaspoon cumin

1/2 teaspoon salt

1/4 teaspoon pepper

1 teaspoon olive oil

4 whole wheat hamburger buns

1 tomato, sliced

1 avocado, thinly sliced

1. Place pepper and onion in food processor and blend until finely chopped. Squeeze out excess moisture using paper towels, cheesecloth or mesh strainer.
2. Mash black beans in large bowl. Add pepper/onion mixture, egg, breadcrumbs, chili powder, cumin, garlic powder, salt and pepper. Divide into 4 patties.
3. Heat oil in skillet over medium heat. Add patties and cook 6-8 minutes on each side.
4. Top buns with burgers, tomato and avocado.



Veggie Burger Formula: How to Make Your Perfect Burger

By Maria Siriano

Learn how to use the ingredients you already have on hand to make the best ever veggie burgers.

There's nothing more frustrating than wanting to make a veggie burger and realizing you're missing half the ingredients. With this easy formula, you can create your own awesome veggie burger recipe with whatever you have lying around! Feel free to use fresh or frozen vegetables and leftover grains from a previous dinner (or last night's takeout!) to make these burgers even easier.

What you're going to do is build your burger mixture using the lists and amounts below. The formula is...

Veggie Burger Formula

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THE BEST VEGGIE BURGER =

Standard Ingredients

- + 2 Cups Chopped Veggies
- + 1 Cup Cooked Grains
- + 1 1/2 Cups Cooked Legumes
- + 1/2 Cup Flavor-Texture Booster
- + 3 Tsp. Spices
- + 1/2 Cup Dry Base

Choose your ingredients from the lists below based on what you have and then follow the instructions to build your best veggie burger. Yay!

STANDARD INGREDIENTS

Start with these

- + 1 medium onion, diced
- + 1-2 garlic cloves
- + 1/2 teaspoon salt
- + oil for cooking (e.g. olive oil, coconut oil, peanut oil)

2 CUPS VEGETABLES, FINELY DICED OR CHOPPED

Pick 1-3

- + sweet potatoes
- + beets (golden or red)
- + carrots
- + mushrooms
- + spinach
- + kale
- + corn
- + squash
- + broccoli
- + cauliflower
- + artichokes
- + zucchini
- + bell peppers

1 CUP COOKED GRAINS

Pick 1

- + millet
- + quinoa
- + bulgur
- + rice
- + buckwheat

Veggie Burger Formula

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1 1/2 CUPS COOKED LEGUMES, LIQUID RESERVED

Pick 1-2

- + canned beans (e.g. black, pinto, cannellini, kidney)
- + lentils (red or green)
- + chickpeas
- + soybeans
- + mung beans
- + adzuki beans
- + black eyed peas

1/2 CUP FLAVOR/TEXTURE BUILDERS

Pick 2

- + fresh herbs, finely chopped (e.g. cilantro, basil, dill, parsley, thyme, sage, chives)
- + scallions, thinly sliced
- + chopped nuts (e.g. walnuts, almonds, pecans, cashews)
- + chopped sundried tomatoes
- + chopped olives
- + flax seeds
- + chia seeds
- + sesame seeds
- + mashed avocado
- + unsweetened nut butter (e.g. peanut, almond, cashew)
- + tahini

3 TEASPOONS SPICES

Pick 2-4

- + cumin
- + chili powder
- + smoked paprika
- + cayenne powder
- + Italian seasoning
- + black pepper
- + fennel
- + oregano
- + curry powder
- + coriander
- + cinnamon
- + turmeric
- + citrus zest

1/2 CUP DRY BASE

Pick 1

- + ground oats
- + cornmeal
- + bread crumbs
- + panko
- + almond meal

1. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the onion, garlic, and salt and cook until the onion is translucent, 2-3 minutes. Add vegetables and cook until soft, 5-10 minutes.
2. Transfer the cooked vegetables to a food processor*. Add all remaining ingredients except the reserved bean liquid and frying oil. Pulse 5-10 times to combine. Don't overdo it; you don't want a paste!
3. Press the mixture between your fingers. If you can form a patty with it, you're good to go. If it's too crumbly, add the reserved bean liquid, 1 tablespoon at a time, until it sticks

Veggie Burger Formula

Continued from previous page

together. If the mixture is too wet, add more of the dry base ingredient, 1 tablespoon at a time, until you reach the right consistency. Test the mixture and add salt to your taste.

4. Form the mixture into 8 patties (about 1/3 cup of the mixture each) and place on a baking sheet lined with parchment paper. Refrigerate the patties uncovered for 30 minutes. (Don't skip this step! Resting will help the patties stay together.)
5. When ready to cook, heat 1 tablespoon of oil in a large skillet over medium-high heat until shimmering. Cook 3-4 patties at a time until brown on one side, then flip and brown the other side. It should take about 3-4 minutes per side. Heat 1 tablespoon of oil in the pan before cooking each batch of burgers.
6. Serve immediately or cool and then wrap each burger in foil, place them in a freezer bag, and freeze for later. Reheat in a dry pan on the stove, in the oven or in the microwave. (For more freezable meals [click here](#)).



Getting Rid of Waterlogged Burgers

By Lyndsay Burginger

Watery vegetables make for mushy burgers. And mushy burgers are falling-apart messes. Here are some of our favorite ways to rid veggies of that pesky water.

The hardest aspects of cooking vegetarian burgers is keeping them together and keeping them moist. While beef (and chicken and turkey) have fat to make them juicy, vegetarian burgers need a little help in the moisture department. So we add a variety of veggies to boost that juiciness factor. However too much moisture is not a good thing and some vegetables are notorious for releasing liquid as they cook (cough cough, mushrooms and spinach). Thus there needs to be a careful balance when making veggie burgers.

One of the best ways to ensure that your patties will stay together is to squeeze the excess water out of some of your vegetables. For some veggies (watery ones like onions, tomatoes, bell peppers, etc.) you can do this when they're raw. For others (veggies that release liquid after cooking like spinach, mushrooms, carrots, etc.) it's best to do it after you've sauteed or steamed them.

Getting Rid of Waterlogged Burgers

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There are a variety of methods for removing the liquid:

PAPER TOWEL

Take a few paper towels and layer them together. Place the vegetables on the paper towel, bundle it up and give it a good squeeze. Change the paper towels if they get too wet before the water is all drained away.

KITCHEN CLOTH

To make use of this method, use a clean tea towel (one without a lot of fluff) and wrap the vegetables in the cloth. Bring the cloth together and wring it out, letting the water drip into the sink below.

CHEESECLOTH

We like to use [cheesecloth](#) for vegetables, or even legumes, that are pureed. Wrap a few layers of the cheese cloth around the vegetables and tie the ends to a wooden spoon. Twist the spoon to put pressure on the cheesecloth, pressing the water out.

POTATO RICER OR SIEVE

For vegetables that can't fit thru small holes, use a [hand-held potato ricer](#) to press the water out.

HANDS

If all else fails, I like to just squeeze the vegetables in-between my hands to get rid of some of the excess water. Mom used to say, "Never play with your food"... Sorry, Mom.



Mediterranean Falafel Burger

By Lyndsay Burginger

Travel across the world for the evening by adding a little Mediterranean flair to your dinner with this vegetarian falafel burger.

One of my favorite vegetarian items to get is falafel wrapped in a warm pita bread. I usually slather on some tzatziki sauce for that added creaminess and coolness.

So as I was trying to come up with some great vegetarian burger ideas, I thought it would be fun to try making my dearly beloved falafel into a burger. Add a bun and some cheese. Totally delicious.

One of the hardest parts of making falafel is creating the perfect patty: not too wet so it slops around and not too dry so it falls apart in your hands. Some say to use dried chickpeas (garbanzo beans), soak them the night before and then cook them before using in your recipe. However, who has time for that when I want a falafel burger now?

After some testing we found that best texture came from squeezing the water from the

Mediterranean Falafel Burger

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pureed chickpeas themselves. It got rid of the excess water and left us with a beautifully textured patty.

We served our burgers with nice slices of feta on top. Don't buy the crumbled kind. It won't stay on the burger easily. Instead buy the feta sold in a block, whether in brine or not, so you can slice it and place it on the burger, a smear of tzatziki and some tomato, red onion, and leaf lettuce.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

1 (14.5oz.) can chickpeas,
rinsed and drained
1 medium onion, finely
chopped
2 garlic cloves, minced
1/2 cup chopped flat-leaf
parsley
2 Tbsp. all-purpose flour
2 tsp. chopped fresh cilantro
2 tsp. ground cumin
1/2 tsp. salt
1/4 tsp. crushed red pepper
flakes
1/4 tsp. black pepper
2 Tbsp. vegetable oil
4 hamburger buns

Tzatziki Sauce

1/2 cup plain Greek yogurt
1/4 cup shredded cucumber,
water squeezed out
1 clove garlic, minced
1 tsp. lemon juice
1/4 tsp. salt
1/4 tsp. black pepper

Burger Toppings

6 oz. feta cheese, sliced
8 tomato slices
4 red onion slices
4 leaves of lettuce

1. In food processor combine chickpeas, onion, garlic, parsley, flour, cilantro, cumin, salt, red pepper and black pepper. Pulse until combined and mixture comes together, about 10 pulses. Put 5 sheets of paper towel on the counter. Put mixture on towel and squeeze out excess liquid. If more comes out, you can use more paper towels. Shape into 4 patties using your hands.
2. In medium nonstick frying pan, add vegetable oil and heat to medium-high. Cook patties until golden brown underneath, about 4 minutes. Flip and cook on the other side until browned, another 4 minutes. Remove from pan and place on plate while preparing sauce.
3. Combine Greek yogurt, garlic, shredded cucumber, lemon juice, salt and pepper in a bowl. Spread on the tops and bottoms of each of the hamburger buns. Place the patties in the buns and top with feta, tomato, red onion and lettuce.



Homemade Tofu Burger with Quick Sriracha Pickles

By Lyndsay Burginger

Who said tofu burgers had to be boring? Spice them up with some homemade quick sriracha pickles and watch your meat-loving friends beg you for one.

Tofu burgers. The quintessential menu item offered to vegetarians at BBQ's, restaurants, and cook-outs. It's a nice gesture to give options, however from what I've seen, most places keep their tofu burgers in the back of the freezer next to the ice cream and the 5 pound bag of freezer burnt mixed vegetables.

So when our editor-in-chief, Christine, suggested making a homemade tofu burger I was excited. Yes, this is bound to be better than those frozen things! But ummm...how does one make a tofu burger?

The block of jiggly soybean paste stared up at me from its watery container. Deep breaths. It's

Homemade Tofu Burgers

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O.K.. You can do this. You can do this.

I did some research and discovered that it's not that difficult really. We tried a few different things and settled on our favorite. A tofu burger patty made with nuts and mushrooms in the food processor. It's faster to put together than pre-heating your oven for those pesky frozen ones.

This burger requires a two-step cooking process to ensure that everything is cooked through. Pan searing the patties adds a great crunch on the outside then they're finished in the oven to cook through.

The patties are pretty amazing, if I do say so myself. But what I love more is the kicked-up quick pickle that Christine made to top the burger. It adds crunch as well as so much flavor.

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

For the Patties

1 cup breadcrumbs
1/2 cup sunflower seeds
1/2 cup cashews
1/2 cup sliced white button mushrooms
1 whole egg
1 tablespoon Dijon mustard
1 teaspoon Worcestershire sauce
1 lb. firm tofu, drained, patted dry, and sliced
1/2 tsp. salt
1/4 tsp. pepper
2 Tbsp. canola oil

For the Quick-Pickles

1/2 English cucumber, sliced thinly
1/2 sweet onion, sliced thinly
2 Tbsp. apple cider vinegar
1/2 tsp. Sriracha (optional)
1/4 tsp. salt
1/4 tsp. sugar
6 whole wheat hamburger buns

Homemade Tofu Burger

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1. Preheat oven to 425°F.
2. In food processor combine breadcrumbs, sunflower seeds, and cashews. Pulse until they are finely ground. Add in mushrooms, egg, Dijon, and Worcestershire sauce and blend together. Add in tofu, salt and pepper and pulse until everything comes together. Form into six patties. They will seem wet. Don't worry. They're going to hold together and be perfect.
3. Heat a non-stick skillet over medium heat and add the oil. When hot add patties and cook until browned, about 2-4 minutes on each side. Transfer to baking sheet and cook in oven for 20 minutes.
4. Meanwhile, in a small bowl combine the cucumber, onion, cider vinegar, Sriracha, salt, and sugar. Let sit for 20 minutes while patties are in the oven.
5. Remove the patties from the oven and place on hamburger bun. Drain veggies and put them on top of the patties.



Grilled Portobello Mushroom Burgers with Brie

By Lyndsay Burginger

Large and in charge, giant portobello mushrooms make the best vegetarian burgers.

I had a friend in my high school culinary arts class that was a vegetarian. For our final project we were partnered together to create a luncheon to serve to the teachers in the school. After debating what we should serve, we both agreed to go vegetarian. And that is when I tasted my first portobello mushroom burger.

Everyone loved it, and thus started my obsession with portobello burgers. And when I say obsession, I mean, I order it every time it's on a menu and make it at home as often as possible.

Grilled Portobello Mushroom Burgers

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One of the great things about portobello mushrooms is their umami (meaty) taste, which makes mushroom burgers something that even meat-eaters can get behind.

Unlike most vegetarian burger recipes this one does not require any chopping of vegetables or forming of patties which makes this recipe fast! Add the marinade, grill, eat. Yum yum yum.

Note that the idea behind this recipe (the portobello mushroom, the brie cheese and the pesto mayo) are inspired by a mushroom burger that was served at the Falcon Lake Deli in Manitoba, Canada, the restaurant that was owned by our editor Christine's parents for years and years.

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Ingredients:

4 portobello mushroom caps
1/4 cup olive oil
2 Tbsp. lemon juice
1 garlic clove, minced
1/4 tsp. salt
1/4 tsp. pepper
3 Tbsp. mayonnaise
1 Tbsp. pesto, store-bought
or [our delicious recipe](#)
4 oz. brie cheese
4 hamburger buns

1. Trim stem off of portobello mushrooms and wipe dirt off of the mushrooms with a wet paper towel.
2. In bowl, mix together olive oil, lemon juice, garlic, salt and pepper. Place mushrooms on plate gill-side-down and brush lightly with olive oil mixture. Flip the mushroom and brush the gill side with remaining mixture. Let sit ten minutes.
3. Preheat grill to medium heat. Add mushrooms, gill side up, and grill until nice grill marks are underneath, about four minutes. Turn the mushrooms 90° to create grill marks and cook two minutes longer. Flip and repeat. Flip mushrooms again and place 1 oz of brie on the mushroom and allow to melt. Take off grill and place on plate.
4. In small bowl combine mayonnaise and pesto. Spread 1 tablespoon of mixture on each bun. Add mushroom to bun. Top with your favorite burger toppings.



Which Store-Bought Veggie Burger Reigns Supreme?

By Maria Siriano

Somebody had to do it. That's us! We taste-tested store-bought veggie burgers to find out which one is the best.

We gathered a sampling of veggie burgers from the local grocery store and put them to the test to see which was the best. We rated each burger based on four categories:

- + **Texture:** Does it feel nice in your mouth?
- + **Flavor:** Does it taste good?
- + **Crumbliness:** Does it hold together well or fall apart?
- + **Product honesty:** Does the burger achieve what it claims? (If the burger claims to be a meat alternative, is it similar to meat? If it's called a veggie burger, does it taste like vegetables?)

We cooked each burger according to the package's recommended method, which was

Store-Bought Veggie Burger Taste Test

Continued from previous page

typically on the stove, but sometimes in the oven. If no recommended method was indicated, we used the stovetop directions.

We tasted the burgers on their own, with no bread or toppings. We tried every burger “blind” (i.e. we didn’t know the brand) and were only told whether the burger we were eating was a “vegetable flavored patty” or a “meat alternative.”

Here we go! Let’s see which veggie burgers are the best...

#7 DR. PRAEGER’S KALE VEGGIE BURGERS

Verdict: This was our least favorite burger, by a long shot. Everyone commented that it was too “spinachy,” even though we later found out it was kale, not spinach. The burger was also very soft and didn’t hold together well. One tester commented that it was “too mushy” and another said it was “horribly gooey.”



#6 FIVE STAR FOODIES ARTICHOKE BURGERS ORIGINAL

Verdict: Crisp and crunchy on the outside, but too soft and gooey on the inside. Falls apart fairly easily. Has a strong vegetable taste, almost like cabbage. Very peppery flavor.



#5 AMY’S ALL AMERICAN VEGGIE BURGER

Verdict: Tastes like Mexican food due to whatever spices were used, but still somewhat bland. Crunchy on the outside, with a meatier texture. Sticks together, but isn’t overly moist.



Store-Bought Veggie Burger Taste Test

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#4 BEYOND MEAT BEAST BURGER

Verdict: This was our most divisive burger. The flavor descriptions ranged from “awful” to “too mushy” to “so meat-like it is off-putting.” Several testers thought the texture perfectly imitated meat, but one thought it was too dry.



#3 TOFURKEY HEARTY HEMP BURGER

Verdict: Moist with little crunchy bits (probably the hemp seeds), sticks together fairly well. Very mushroomy flavor, but that’s fine if you like mushrooms. One tester said it “tastes like Thanksgiving,” which makes sense since it is made by Tofurkey!



#2 BOCA ORIGINAL VEGAN VEGGIE BURGER

Verdict: Looks and feels like a chicken/turkey burger and tastes like char-grilled meat. This may have ranked even higher if it had been marketed as a meat alternative rather than a “veggie burger,” because it doesn’t taste like vegetables.



#1 MORNINGSTAR GARDEN VEGGIE BURGER

Verdict: True to its name, the flavor of the vegetables really shines through in these burgers, though one tester thought it was too potatoe-y and salty. The patties hold together well and aren’t mushy. Two testers wrote that they “love” this burger.



Sweet Potato Quinoa Burgers

By Samantha Seeley

Don't be fooled, while this burger is gluten free and vegan, it's packed full of flavor.

I always have good intentions when considering making veggie burgers. I decide I want to eat less red meat and think up an idea for an epic replacement but it never works out quite right. I have always had such a hard time making them stay together without breaking apart. Have you ever had this problem? If so, stay with me friends, I have a really good veggie burger recipe today: they stay together and everything!

I knew that the sweet potatoes would be pretty wet after being blended. To compensate, I added the cooked quinoa and black beans. When that wasn't enough I grabbed oat flour (which can be found [here](#)) to thicken up the mixture. It worked like a charm!

I grabbed oat flour because of its neutral flavor and because I wanted to keep the burger gluten-free. If you are gluten free, please be sure that your oat flour specifies that it is gluten-free because not all oat flours are. If you don't have oat flour, you can definitely grind up some oatmeal in its place. To do this, put it in the food processor and blend or use your coffee grinder. Get crazy!

When I was forming the patties, I patted some of the extra quinoa on each side in order to help them keep their shape. Note, we're talking about cooked quinoa here. You definitely have to cook the quinoa before hand. 1 cup of uncooked quinoa, cooked according to package directions, makes enough for the patty mixture itself and a little bit extra for lining the patties.

After I made these Sweet Potato Quinoa burgers I knew I had eaten something very similar at one point in my life, I just couldn't remember where... I had to ask a friend where I had them. Of course, she remembered right away: [Bogata in Brooklyn](#).



Sweet Potato Quinoa Burgers

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They serve these without a bun and they are super good! So that is how I ate the leftover patties. I reheated them today and they held up pretty well. So yes! They can be re-heated!

Yield: 6 servings

Prep Time: 30 minutes

Cook Time: 35 minutes

Total Time: 1 hour 5 minutes

Ingredients:

2 large sweet potatoes,
baked
1 Tbsp. fresh parsley,
chopped
1/2 tsp. cumin
1/2 tsp. salt
1/2 tsp. coarse black pepper
1/4 tsp. paprika
1 cup gluten-free oat flour
2 cups cooked quinoa,
divided
1 cup black beans, drained
and rinsed
1-2 Tbsp. olive oil
burger buns
Assorted toppings: lettuce,
tomato, pickles, ketchup,
bbq sauce, mayo

1. Peel the baked sweet potatoes. Add the flesh to the bowl of a food processor. Blend with the parsley, cumin, salt, pepper and paprika.
2. Mix in the oat flour, 1 and 1/2 cups quinoa and black beans with a spatula.
3. Scoop the mixture with a 1/2 measuring cup and use hands to form patties, patting each side with some of the remaining quinoa to help the patties hold their shape.
4. Once patties are formed, add 1 tablespoon of oil to a medium sized saute pan and heat on medium-low heat.
5. When the oil is hot, cook the patties 2 at a time. Cook for 3-4 minutes on each side or until both sides are crispy. Remove from heat and cover with foil to keep warm while cooking remaining patties in remaining oil.
6. Add the patties to your burger bun and top with your favorite toppings.

101 Delectable Vegetarian Burger Recipes

By Nicole Johnson

You don't need meat to have a phenomenal burger. Check out these 101 Vegetarian Burgers for your next barbecue or for a meatless Monday treat!

The Cookful's Veggie Burgers

1. [Black Bean Burger](#)
2. [Pan-Fried Falafel Burger](#)
3. [Tofu Burger with Sriracha Pickles](#)
4. [Grilled Portobello Mushroom Burgers](#)
5. [Sweet Potato Quinoa Burgers](#)

Beans, Beans, the magical fruit!

6. [Red Bean Burgers with Paprika Sauce](#)
7. [Avocado Chili Bean Veggie Burgers](#)
8. [Cajun Red Beans and Rice Veggie Burgers](#)
9. [Veggie Burgers with Chipotle Kale Coleslaw](#)
10. [Veggie Burger Sandwich \(Beans & Veggie Burger\)](#)

Beets

11. [Moroccan-spiced Beet Veggie Burger](#)
12. [Ultimate Beet and Bean Veggie Burgers](#)
13. [Smokey Beet and Quinoa Veggie Burger](#)

Black Beans

14. [Black Bean Veggie Burgers with Chipotle Honey Mustard](#)
15. [Spicy Black Bean Sliders with Chipotle Mayonnaise](#)
16. [Goat Cheese Stuffed Black Bean Burger](#)
17. [Chia Vegan Black Bean Burgers](#)
18. [Hawaiian Veggie Burgers](#)
19. [Black Bean Veggie Burgers](#)
20. [Blueberry Black Bean Burger](#)
21. [Asian Black Bean Burgers](#)

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Contributors

Many thanks to our writers for this edition of *The Cookful*.



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It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for *Cook and a Good Book*, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at *The Cookful*.



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Christine is the Founder and Senior Editor of *The Cookful*. She also blogs at *COOKtheSTORY* where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Nicole Johnson

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Nicole has been blogging for 5 years at *orwhateveryoudo.com*, when not chasing her 7 kids around or working full time for *CoSchedule*. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.



Samantha Seeley

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Samantha blogs at *Sweet Remedy* where she focuses on alternative baking with a penchant for whole grain, vegan, gluten free and dairy-free recipes. She started baking years ago for farmers' markets and hasn't stopped since! Samantha's favorite season is fall where she delights in picking apples, pears and pumpkins until the first snow sighting.

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Maria Siriano

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Somewhere among the towers of batter-smearing mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, Sift & Whisk. Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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