

## Three Sisters Bean Burger

8 servings

The recipe highlights plants known as the three sisters: corn, beans, and squash, which were some of the first domesticated crops used by Native Americans to sustain their long-term survival.

- 1 (15 ounce) can black beans, drained and rinsed
- 2 cups butternut squash, cooked (can substitute another winter squash or sweet potato)
- ½ cup canned corn, drained and rinsed or frozen corn, defrosted
- 1½ cups quinoa, cooked
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 Tablespoon vegetable oil
- 3 stalks green onion, gently rubbed under cool running water, chopped
- ½ cup cilantro, gently rubbed under cool running water, chopped



1. Wash hands with soap and water.
2. In a large bowl, combine black beans and butternut squash.
3. Mash until combined; leaving a few whole beans and small pieces of squash
4. Add quinoa, corn, garlic, salt, cumin, paprika, and oil. Mash lightly then stir in green onion and cilantro.
5. Shape mixture into balls and flatten into eight 4-inch round patties.
6. Heat a large non-stick skillet over medium heat, and carefully add bean burgers.
7. Cook 3-5 minutes on each side, until a crisp brown.
8. Serve alone or on a bun with picante sauce, lettuce, tomato, and avocado.
9. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1 burger patty):** Calories 130, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 387mg, Total Carbohydrate 22g, Dietary Fiber 5g, Sugars 2g, includes 0g Added Sugars, Protein 5g, Calcium 3%, Iron 12%, Potassium 8%

Recipe Source: Leah's Pantry, eatFresh.org