

## High-Protein Meatless Burger with Black Beans, Quinoa & Cilantro Chimichurri

**Serves:** 4 | **Prep Time:** 20 min | **Cook Time:** 8–10 min | **Total Time:** 28–30 min

A hearty, satisfying meatless burger that delivers a perfect blend of protein, fiber, and flavor. The combination of plant-based ground meat, black beans, and quinoa creates a juicy patty with a satisfying bite, while fresh cilantro chimichurri adds a zesty, herb-forward punch. Balanced, portion-smart, and perfect for both weeknight dinners and meal prep.



**Recipe:**

**Ingredients:****Burgers**

1 lb plant-based ground meat substitute (e.g., *Beyond, Impossible*)  
1 (15 oz) can black beans, drained, rinsed, and mashed  
¼ cup quinoa, cooked  
1 tbsp chia seeds  
¼ cup oats, finely ground  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp smoked paprika  
½ tsp ground cumin  
½ tsp kosher salt  
¼ tsp black pepper  
1 tbsp olive oil, for cooking

**Cilantro Chimichurri**

½ cup fresh cilantro leaves  
¼ cup fresh parsley leaves  
1 small jalapeño, seeded for less heat  
2 garlic cloves  
¼ cup olive oil  
2 tbsp white vinegar  
½ tsp kosher salt  
Black pepper, to taste

**Toppings**

4 Nature's Own Keto Buns or keto buns (*see PF Pro Tip*)  
1 cup fresh spinach  
1 avocado, sliced  
1 tomato, sliced  
½ red onion, thinly sliced

**Directions:****1. Make the burger mixture**

In a large mixing bowl, combine the plant-based ground meat, mashed black beans, cooked quinoa, chia seeds, and ground oats.  
Add garlic powder, onion powder, smoked paprika, cumin, salt, and pepper.  
Mix thoroughly until all ingredients are evenly combined.

**2. Shape the patties**

Divide the mixture into 4 equal portions.  
Shape each into a patty, pressing firmly so they hold together during cooking.

**3. Cook the patties**

Heat olive oil in a large skillet over medium heat.  
Add patties and press gently with a spatula to ensure even cooking.  
Cook for 4–5 minutes per side, or until browned and heated through.

#### 4. Make the cilantro chimichurri

In a blender or food processor, combine cilantro, parsley, jalapeño, garlic, olive oil, vinegar, salt, and pepper.

Blend until smooth. Taste and adjust seasoning as needed.

#### 5. Assemble the burgers

Toast the buns if desired.

Spread chimichurri on both sides of each bun.

Place a patty on the bottom half, then layer with spinach, avocado slices, tomato slices, and red onion.

Cap with the top bun and serve immediately.

#### Protein Flip™ Nutritional Data

##### Per patty (no bun/toppings):

**Protein:** 27.0 g

**Fiber:** 9.8 g

**Calories:** 350

##### With Nature's Own Keto Bun:

**Protein:** 36.0 g

**Fiber:** 17.8 g

**Calories:** 410

#### PF Pro Tip

Nature's Own Keto Buns are recommended for their light 60-calorie profile, 9 g protein, and 8 g fiber — a near-perfect match for the Protein Flip™ Method. You can substitute other buns, but check the nutrition label to keep a strong protein-to-calorie ratio. For a lighter option, use lettuce wraps or go open-face with one bun half.

#### Meal Prep Tip

These patties are great for batch cooking. Store cooked patties in an airtight container in the refrigerator for up to **4 days**, or freeze for up to **3 months**.

Reheat in a skillet over medium heat, in the oven at 350°F (175°C), or in an air fryer at **375°F (190°C) for 4–6 minutes** until hot and crisp on the outside.

Store chimichurri separately in the refrigerator for up to **1 week**.