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## Bean Burgers with Spicy Guacamole

1/2 cup water  
1/4 cup quinoa, rinsed (see Note)  
3 tablespoons extra-virgin olive oil, divided  
1/2 cup chopped red onion  
1 clove garlic, minced  
2 1/2 cups cooked pinto beans, well drained (see Tip)  
1 teaspoon smoked paprika  
1/2 teaspoon ground toasted cumin seeds (see Tip)  
3 tablespoons chopped fresh cilantro  
3 tablespoons cornmeal, plus 1/3 cup for coating burgers  
1/2 teaspoon salt  
Freshly ground pepper to taste  
6 whole-wheat hamburger buns, toasted  
6 lettuce leaves  
6 tomato slices

### Guacamole

1 ripe avocado  
2 tablespoons finely chopped fresh cilantro  
1 tablespoon lemon juice  
2 teaspoons finely chopped red onion  
1 clove garlic, minced  
1/8 teaspoon cayenne pepper, or more to taste  
1/8 teaspoon salt

1. Bring water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water has been absorbed, about 10 minutes. Uncover and let stand.
2. Heat 1 tablespoon oil in a medium skillet over medium heat. Add 1/2 cup onion and garlic and cook, stirring occasionally, until soft and fragrant, about 3 minutes. Add beans, paprika and ground cumin and mash the beans to a smooth paste with a potato masher or fork. Transfer the mixture to a bowl and let cool slightly. Add the quinoa, 3 tablespoons cilantro, 3 tablespoons cornmeal, 1/2 teaspoon salt and pepper; stir to combine.
3. Form the bean mash into 6 patties. Coat them evenly with the remaining 1/3 cup cornmeal and transfer to a baking sheet. Refrigerate for 20 minutes.
4. To prepare guacamole: Mash avocado with a potato masher or fork. Stir in 2 tablespoons cilantro, lemon juice, 2 teaspoons onion, garlic, cayenne and 1/8 teaspoon salt.
5. Preheat oven to 200°F.
6. Heat 1 tablespoon oil in a large cast-iron (or similar heavy) skillet over medium-high heat. Reduce heat to medium and cook 3 burgers until heated through and brown and crisp on both sides, 2 to 4 minutes per side. Transfer to the oven to keep warm. Cook the remaining 3 burgers with the remaining 1 tablespoon oil, reducing the heat as necessary to prevent overbrowning. Serve the burgers on buns with lettuce, tomato and the guacamole.



Tip: Toast cumin seeds in a small skillet over medium heat, stirring occasionally, until very fragrant, 2 to 5 minutes. Let cool. Grind into a powder in a spice mill or blender.

Makes 6 servings