



Dinner | PEAK SEASON: FALL

# Jerk Black Eyed Pea & Grits Veggie Burgers

Recipe by: Kiandra Call

These veggie burgers are packed with bold jerk flavor and made from simple pantry staples like black-eyed peas and grits.

## Nutritional Info

Makes 6 patties- serving size 1 patty

Calories: 140

Carbs: 20g

Fiber: 4g

Protein: 5g

Fat: 4g

Sugars: 2g

Sodium: 180mg

## Ingredients

- 1 cup cooked black-eyed peas (drained well)
- 1 cup cooked grits (cooled so they're firm)
- ½ cup shredded carrot
- ¼ cup chopped carrot tops or parsley
- ½ medium onion, diced
- 1 tablespoon jerk paste
- 1 teaspoon jerk seasoning
- ½ teaspoon paprika
- 1 tablespoon soy sauce
- 1–2 tablespoons olive oil (for sautéing and frying)

### Binder

- 2 flax eggs (2 tbsp ground flax + 6 tbsp water, mixed and set 5 minutes)
- Use both – this helps them stay together.

### Optional

- Pinch of salt + pepper
- Extra jerk seasoning to taste

## Instructions

### 1. Sauté the veggies

Heat a little oil in a skillet. Add onion, shredded carrot, carrot tops (or parsley), jerk seasoning, and jerk paste. Cook until onions are soft and fragrant, about 5–7 minutes.

### 2. Combine the mixture

In a large bowl, add: sautéed veggies, cooked black-eyed peas, cooked grits, low sodium soy sauce, paprika, flax eggs. Mix gently until everything comes together. It should be sticky enough to form patties – if not, add 1–2 more tablespoons cooked grits or another teaspoon flax meal.

### 3. Form patties

Scoop and shape into 6 patties. Press firmly so they hold together.

### 4. Pan-sear

Heat a thin layer of oil in a pan over medium.

Cook patties 3–4 minutes per side, until golden brown and crisp on the edges.

### 5. Serve

Great on: Whole-grain buns, Sweet-potato "buns", Over greens or a grain bowl, With herb mayo, chimichurri, or pickled onions.

## Additional Info

- High-fiber combination: beans and whole grains help support stable blood sugar and improve fullness.
- Carrot tops add extra nutrients and reduce food waste!
- Plant-based protein from black-eyed peas makes this filling and heart-healthy.
- Jerk seasoning adds anti-inflammatory spices and big flavor without relying on salt.
- Great make-ahead meal: patties freeze beautifully and reheat well in a pan or air fryer.

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