

Sweet Potato and Black Bean Burgers

Adapted from Recipe On Cookieandkate.com

Ingredients:

- 1 ½ pounds sweet potato
- 1 cup cooked quinoa, rice or millet
- 1 cup ground oatmeal
- 1 can (15 oz) black beans. Rinsed and drained.
- ½ small red onion, diced
- ½ cup fresh cilantro leaves chopped
- 2 tsp cumin powder
- 1 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp cayenne (optional)
- ½ tsp salt
- Sunflower or grapeseed oil to lightly coat griddle or pan
- Whole wheat buns
- Toppings (avocado, tomato, lettuce, sprouts, ketchup, hot sauce, mustard, vegan mayo, pickles, onions, peppers)

Directions:

1. Roast the potatoes. Oven at 400. Slice lengthwise and bake. Once soft scoop out insides. Quick roast- peel potatoes, chop into small chunks. Roast in the oven until mashable.
2. For the least number of dishes, I use a high walled pot and immersion (stick) blender. Add in the potatoes, beans, onion, and cilantro and blend until just past chunky. Add in quinoa and ground oatmeal. Mix well with spoon or immersion blender at a lower speed. Add in spices. Adjust as needed.
3. If you make ahead and chill, the burger patties form better. You can also bake them for 10 minutes before finishing them on the grill to help them hold up better. If your mixture seems too sticky, add more ground oatmeal, wheat flour, bread crumbs, ground flax to thicken it up.
4. Heat a griddle on med-hi heat. Lightly oil. Brown patties about 5 minutes on first side. 5 minutes second side. 2 minutes again first side.
5. Toast buns and serve with burger toppings! We love to eat with a side of roasted potatoes and a roasted veggie.