

Black Bean Sweet Potato Burger

INGREDIENTS

2 cans black beans
1 large sweet potato
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon garlic powder
½ teaspoon salt
¼ teaspoon black pepper
¾ cup quick or rolled oats
1 tablespoon soy sauce
1 teaspoon mustard

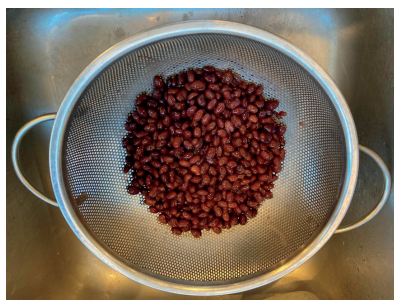
DIRECTIONS

1. Roast the sweet potatoes: Heat oven to 400 F. Cut potatoes in half lengthwise, brush the orange part with oil, and place them orange-side down on a baking sheet. DO NOT peel.



2. Roast until they are very soft and easily pierced with a fork, 25-45 minutes, depending on the size of the potato.

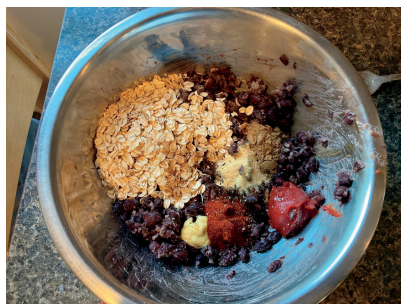
3. Drain the black beans VERY WELL and add to a large bowl. Using a fork or your hands, mash them so you don't have many whole beans left.



2. Peel the skin off of the sweet potatoes and discard (put into compost).

3. Add sweet potato and all other ingredients into the bowl with beans.

4. Mix everything up with a spoon or your hands.



5. Form into patties. Thin so they cook fast.

Place on a plate or cutting board

Ways to cook

Fry: Lightly oil and heat a frying pan on medium-low heat. Shape patties with your hands and grill in the pan until nicely browned on each side. About 4-5 minutes per side.

Bake: This option takes longer, but results in a firmer burger while using less oil. Bake the patties on a lightly-greased baking sheet for 10-15 minutes per side at 350 F.

