

SWEET POTATO BLACK BEAN BURGERS

These smoky sweet potato black bean burgers make a frequent appearance at Dr. Graff's house. They are easy to throw together (*especially if you have already batch-baked some sweet potatoes for the week!*) and have minimal ingredients, all of which are typically found in a plant-based pantry.

MAKES 6 SERVINGS

INGREDIENTS:

- **1 medium sweet potato**, cooked
- **1 - 15 oz. can black beans**, drained and rinsed (1/2 cups)
- **1/4 cup small red onion**, chopped (*you can skip if your kids object!*)
- **1/2 cup rolled oats**
- **1 tsp. ground cumin**
- **1 tsp. smoked paprika**
- **1/2 tsp. onion powder**
- **1/2 tsp. garlic powder**
- **1/2 tsp. salt**

OPTIONAL - FOR SERVING:

- *Over salad greens (with or without other veggies) with generous drizzle of balsamic*
- *On whole wheat or gluten free burger bun with your choice of the following: lettuce, tomato slices, red onion and pickle slices*

NOTES:

- *These may be kept for up to 4 days in the refrigerator, or frozen by putting parchment paper between patties to keep them separated. Reheat either in the microwave or the stove top until warm.*
- *Use gluten free certified oats and a gluten free bun if you need to ensure these are gluten free.*



DIRECTIONS:

1. Preheat oven to 400 degrees. Cut the sweet potato in half lengthwise and place face down on parchment paper covering a baking pan. Bake for about 30 minutes, until soft. Remove from oven and lower the oven temperature to 375 degrees.
2. When the sweet potatoes are cool enough to handle, peel off the skin and add the flesh to a large bowl. Mash with a potato masher, add the black beans and slightly mash the beans into the sweet potatoes, leaving some beans whole.
3. To the bowl with the sweet potatoes and black beans, add the diced red onion, oats, cumin, smoked paprika, onion powder, garlic powder and 1/2 teaspoon salt. Stir well with a large spoon until combined. Taste, add more salt if desired.
4. Fill a 1/2 cup measuring cup, then form into a burger shape, about 1 inch thick. Place burgers on the baking sheet, reusing the parchment paper you used to cook the sweet potato. Bake for 15 minutes, flip carefully and bake for 15 more minutes. Remove from oven.
5. Pick an option for serving from above.