

Sweet Potato Black Bean Veggie Burgers

8 SERVINGS 1 HOUR



INGREDIENTS

- 1 Sweet Potato (medium, peeled and cut into cubes)
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/2 cup Quick Oats
- 1 stalk Green Onion (chopped)
- 1 Garlic (clove, minced)
- 2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 Avocado (optional, diced or mashed)

NUTRITION

AMOUNT PER SERVING

Calories	120	Carbs	17g
Fat	4g	Protein	4g

DIRECTIONS

- 01 Bring a pot of water to a boil. Place the cubed sweet potato in a steamer basket over the boiling water and cover for about 10 minutes or until tender. Transfer to a large mixing bowl and mash the potatoes. Leave to cool slightly.
- 02 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 03 In a food processor, add the black beans, kale, oats, green onion, garlic, cumin and sea salt. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 04 Add the bean and oat mixture into the mashed sweet potato and mix until combined. Scoop out roughly 1/4 cup of the mixture at a time and form into thin patties. Place on the prepared baking sheet.
- 05 Bake for 30 minutes, carefully flipping halfway through.
- 06 Divide between plates and top with avocado, if using. Enjoy!