

SWEET POTATO BLACK BEAN BURGER

These veggie burgers are soooo good! They also hold-together well as long as you follow the directions. So use a masher—not a food processor. And, “chill” as instructed!!!

INGREDIENTS:

*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- 1.5 C LONG GRAIN BROWN RICE
- EXTRA VIRGIN OLIVE OIL
- 2 SWEET POTATOES
- ½ C RED PEPPER FINELY CHOPPED
- ½ C RED ONION
- 1 TBS GARLIC MINCED OR TO TASTE
- 1 CAN ORGANIC BLACK BEANS
- ¾ C FINELY CHOPPED PECANS
- ¾ C PANKO
- ½ C OAT FLOUR



SPICE IT UP

- ¼ C COCONUT PALM OR ORGANIC BROWN SUGAR
- 2 TBS COCONUT AMINOS
- SCANT 1TBS SALT OR TO TASTE
- 1 TSP EACH CUMIN, CHIPOTLE POWDER, CHILI POWDER

DIRECTIONS

1. **COOK** RICE (THE NIGHT BEFORE IF POSSIBLE) ACCORDING TO PACKAGE DIRECTIONS & CHILL OVERNIGHT-MUST CHILL AT LEAST 2 HOURS.
2. **BAKE** THE SWEET POTATOES. CUT IN HALF, DRIZZLED WITH EVOO, SPRINKLE WITH PINK SALT, & BAKE UNTIL TENDER AT 375 FOR 30-40 MINUTES.
3. **SAUTÉ IN EVOO UNTIL TENDER THE** RED PEPPER, ONION, AND GARLIC.
4. **MASH (WITH POTATO MASHER)** THE COOKED SWEET POTATO (REMOVE THE SKIN 1ST), COOKED RICE, COOKED PEPPERS/ONIONS, ORGANIC BLACK BEANS (RINSED/DRAINED).
5. **FOLD IN & COMBINE WELL** ALL THE SPICES, CHOPPED PECANS, PANKO, OAT FLOUR.
6. **CHILL** ENTIRE MIXTURE FOR AT LEAST 2 HOURS IN THE FRIG.
7. **COOK**
 - HEAT EVOO IN SKILLET—GET IT NICE AND HOT.
 - TAKE COLD DOUGH DIRECTLY FROM FRIG & FORM INTO SLIDER-SIZED BURGERS. PLACE IN HOT PAN. BROWN/SEAR EACH SIDE
 - DRESS IT UP! SLIDER BUN, LETTUCE, SPINACH, TOMATO, SPROUTS, AVOCADO, MAYO, KETCHUP, PICKLE, ETC.