

Black Bean Burgers

Time: 20 minutes | Servings: 6 burgers

INGREDIENTS

2 cans of black beans, drained and rinsed
1 cup bread crumbs
½ cup sweet potato, peeled and grated
1 egg
2 tbsp plain yogurt
1 tsp onion powder
1 tsp garlic powder
1 tsp smoked paprika
1 tsp cumin powder
1 tsp chipotle chili powder (optional)
½ cup cilantro leaves, chopped (optional)
Zest of 1 lime (optional)
Salt and pepper, to taste

TOPPING SUGGESTIONS

6 burger buns
Cheese
Tomato slices
Lettuce
Caramelized onions
Mayonnaise

METHOD

1. Pour your drained and rinsed black beans into a large bowl, and mash with a fork for two minutes. The beans should still be a little lumpy for texture.
2. Add remaining burger ingredients into the bowl including bread crumbs, grated sweet potato, egg, yogurt, paprika, onion powder, garlic powder, cumin, salt and pepper.
3. Optional: for extra flavour, add in lime zest, chipotle chili powder, and chopped cilantro.
4. Mix everything together with a spoon, or with your hands.
5. With the mixture, form 6 good sized burger patties by hand, or by using a ring mold if you have one.
6. If you have a ring mold, lay it on top of a piece of parchment paper and spoon in the mixture. Remove ring and make the rest.
7. Place all of the burgers in the fridge for 15 minutes to allow them to firm up.
8. Heat a large non-stick skillet over medium high heat, and add a little bit of oil.
9. Lay the burgers carefully into the hot pan and let them cook for 5 minutes. You want to get a nice crust, so it's important not to move them around.
10. After 5 minutes, flip and place some cheese on top of each patty if desired. Cook for another 5 minutes.
11. When burgers are done, add them to your bun with any toppings or condiments you like.

