

Veggie Burgers



Servings: 8

Ingredients

- 1 ½ pounds sweet potatoes (2 medium or 3 small)
- ½ cup quinoa, rinsed in a fine-mesh colander
- 1 cup water
- 1 can (15 ounces) black beans, rinsed and drained
- ½ cup chopped red onion
- ¾ cup chopped fresh cilantro
- 4 cloves garlic, pressed or minced
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1 ¼ cups quick-cooking oats
- Extra-virgin olive oil, for brushing
- 8 whole wheat hamburger buns (optional)
- Your favorite burger toppings: Avocado, tomato, onion, lettuce, pickles, cheese, sprouts, ketchup, hot sauce, mustard, etc.

Directions

- Preheat the oven to 400 degrees Fahrenheit. Line a large, rimmed baking sheet with parchment paper
- Roast the sweet potatoes: Slice the sweet potatoes down the center lengthwise. Place the sweet potatoes, cut side down, on the prepared baking sheet. Roast until they yield to a gentle squeeze, 30 to 40 minutes or longer. Set aside for now.
- Meanwhile, in a small saucepan, combine the quinoa and water. Bring the mixture to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 11 to 14 minutes. Remove the pan from the heat, cover, and let the quinoa steam for 10 minutes.
- Once the sweet potatoes are cool enough to handle, remove and discard the skin and roughly chop the insides. In a large mixing bowl or the bowl of your electric mixer, combine the cooled sweet potatoes and quinoa, black beans, onion, cilantro, garlic, adobo sauce, cumin, chili powder, and salt. Use a potato masher, pastry cutter, large spoon or the paddle attachment of your mixer to mix really well.
- Sprinkle the oats over the mixture and mix well with a large spoon until the mixture holds together when you shape a portion into a patty.
- Shape the burgers: Use a measuring cup to measure out ½ cup of the mixture. Gently shape it into a patty about 3 ½ to 4 inches in diameter. Use your hands to gently flatten the burgers and smooth out any jagged edges. Repeat the process for each patty; you should end up with 8.