

## SWEET POTATO BLACK BEAN BURGER





Some days, you just need a burger. If today is one of those days, I'm here for you.







This burger was inspired by my favorite veggie burger in Kansas City found at Beer Kitchen – the amazing restaurant that inspired this [\*Whiskey BBQ Ketchup\*](#).

Their “black bean burger” had a modest description but the flavor and texture are anything but. It’s tender without being mushy, not too sweet, not too salty, hearty and seriously satisfying.

On days that nothing sounded filling enough, this veggie burger was the only thing that did the trick.

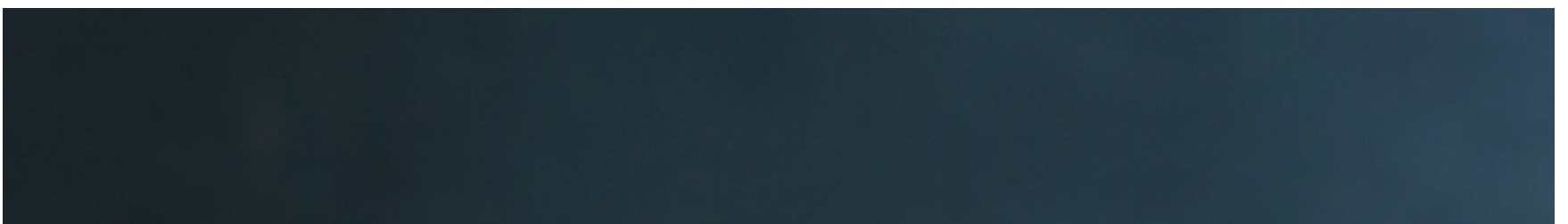




This recipe not only fills a veggie burger-shaped hole in my heart since moving out of arm's reach of Beer Kitchen, it's also simple, requiring just **10 ingredients** and **easy-to-master methods**. Such as,

1. Bake sweet potato
2. Mash
3. Add rice, black beans, onions + spices
4. Mix
5. Mold
6. Bake

It's so easy. Are you sensing a pattern here? Simple, delicious, and vegan + gluten free? It's practically sorcery.





*SWEET POTATO*  
*BLACK BEAN*  
**BURGER**



I wrote the word “sweet” so many times I began questioning my ability to spell it correctly.  
Update: It’s definitely spelled s-w-e-e-t.

Speaking of sweet, this burger is the business. It’s:

Tender on the inside

Firm on the outside

Hearty

Naturally sweet

Savory

Subtly spiced + smoky

Simple

Seriously satisfying

May I make a recommendation? Make these burgers and stack two patties on top of each other and make one ginormo burger (as pictured). Then we can be veggie burger bosses together.

If you do, you must take a picture and tag it #minimalistbaker on [Instagram](#) so we can see. While you’re at it, throw on a #burgerboss or #minimalistbakerburger just for funs. Cheers, friends!









## Sweet Potato Black Bean Burger

Amazing sweet potato black bean burgers bulked up with brown rice and seasoned with smoky cumin and paprika. Sweet, tender, flavorful and so healthy and delicious.

Author: Minimalist Baker

Recipe type: Main, Burger

Cuisine: Vegan, Gluten Free

Serves: 12





## Instructions

1. Preheat oven to 400 degrees and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch - about 30 minutes - set aside. Reduce oven heat to 375 degrees F.
2. While potatoes are baking, cook rice or quinoa (see notes for instructions).
3. Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then 1 cup rice, green onion, nut meal and spices. Mix to combine. Taste and adjust seasonings as needed. Add more rice or nut meal if the mixture feels too wet. It should be very moist but moldable.
4. Lightly grease a baking sheet and line a 1/4 cup measuring cup with plastic wrap.
5. Fill the lined measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash. The thinner you press them, the faster they'll cook, but no need to go too far. Just a gentle press will do.
6. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get - up to preference. I went for around the 35 minute mark.
7. Serve on slider buns (double stack for more bulk) or atop a salad with sliced avocado, red onion, greens, and ketchup or salsa.
8. Store leftovers covered in the fridge for up to a few days. Freeze for longer term storage.

## Notes

\* To cook rice: bring 2 cups water to a boil, then add 1 cup very well-rinsed rice, reduce heat to simmer, cover and cook for about 30 minutes or until fluffy and tender. You will have leftovers.

\* For quinoa: rinse 1 cup quinoa and add to a saucepan over medium heat. Sauté in a bit of olive oil for 1-2 minutes, then add 2 cups water and bring to a boil. Reduce heat to simmer, cover and continue cooking for about 15 minutes, or until tender and fluffy and the water is absorbed.

\*Inspired by the Black Bean Burger at [Beer Kitchen](#)

## Nutrition Information

Serving size: 1 burger pattie Calories: 172 Fat: 3.8g Carbohydrates: 30g Sugar: 1.2g Sodium: 135mg Fiber: 3.3g Protein: 4.7g

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