

Sweet Potato and Black Bean Burgers

Naturally Sassy



Serves
Makes 8 burgers

Prep time	Cook time	Ready time	?>
15 mins	45 mins	60 mins	

Hearty, healthy meat-free burgers which go down a treat at BBQs!

Method

Preheat your oven to 190°C/375°F/gas mark 5.

Peel and chop the sweet potato into small cubes, drizzle with extra virgin olive oil and cook for 25-30 minutes in the oven, turning occasionally.

Meanwhile rinse and drain your beans and place in to a large mixing bowl. With a masher, mash until roughly half the mixture becomes a paste.

In a frying pan add the onions and cook until caramelised. Add these to the bean mix then add the spices and sweet corn.

Once the sweet potato is done, mash well before adding to mixing bowl. Mix well. Add the brown rice flour to bind and continue to stir.

Shape into 8 large patties and place in the fridge to cool.

To cook: in a frying pan, drizzle olive oil and fry the burgers for 3 minutes on each side. Place on a baking tray and cook at 190°C/375°F/gas mark 5 degrees for a further 10-15 minutes until crisp. Alternatively drizzle with olive oil and grill on a BBQ.

Additional notes

"These burgers are the ultimate veggie burgers, honestly – they're unlike any I've ever made before! Even really heavy meat-eaters love them which is awesome, so you can really make them for anybody and you know they'll go down a treat! They're made from sweet potato and black beans with sweet corn, caramelised red onion and gluten-free brown rice flour to bind them together. Sweet potatoes are one of my favourite foods and, in this recipe, make the inside of the burger so incredibly gooey and sweet. They're also fantastic for you, with an amazing wealth of powerful antioxidants like beta-carotene and Vitamin C, which fight free radicals in the body.

On the side of these delicious burgers you always need a dip, and my favourites are between an avocado cream (nature's mayonnaise) and a roasted red pepper hummus. Both are equally as delicious, but it really depends on what you're craving. You can even make both! I love making this with a side of kale wilted in a rich tahini dressing."

Recipe reproduced with the kind permission of [Naturally Sassy \(www.naturallysassy.co.uk\)](http://www.naturallysassy.co.uk).

Instagram: @naturallysassy_

Twitter: @naturallysassy (<https://twitter.com/NaturallySassy>)

Facebook: [Naturally Sassy \(https://www.facebook.com/NaturallySassy?fref=ts\)](https://www.facebook.com/NaturallySassy?fref=ts)

Ingredients

- 3 sweet potatoes
- 2 tins (3 cups) black beans
- 1 cup sweet corn
- 2 red onions, diced
- 1 cup brown rice flour
- 2 teaspoons cumin
- 1 teaspoon salt
- 2 teaspoons ground oregano
- 1 teaspoon chilli powder
- extra virgin olive oil

