

SWEET POTATO BLACK BEAN BURGERS

★★★★★

COURSE: MAIN COURSE CUISINE: AMERICAN

KEYWORD: BURGER, VEGAN PREP TIME: 20 MINUTES

COOK TIME: 25 MINUTES TOTAL TIME: 45 MINUTES

SERVINGS: 8 PATTIES CALORIES: 106KCAL AUTHOR: MEGAN GILMORE



This Vegan Black Bean Burger recipe is easy to make, without a mushy middle! Made with sweet potato instead of egg, they are packed with fiber and plant-based protein.

INGREDIENTS

- 2 (15 oz.) cans black beans , **drained and rinsed (or 2 1/2 cups cooked beans)**
- 1 tablespoon extra-virgin olive oil
- 1/2 yellow onion , **chopped (about 1 cup)**
- 3 cloves garlic , **minced**
- 1/2 cup mashed sweet potato (**steamed, then mashed**)
- 1/4 cup oat flour , **or ground flax seeds**
- 1/4 cup BBQ sauce (**see notes**)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine sea salt

INSTRUCTIONS

1. Preheat the oven to 350°F. Spread out the black beans on a large rimmed baking sheet so that they are in a single layer. Place them in the oven to dry out until they start to split, about 15 minutes.
2. Meanwhile, heat the olive oil in a skillet over medium high heat. Saute the onion until softened, about 5 minutes, then add in the garlic and stir for one more minute. Remove from the heat.
3. In a large bowl, combine the sauteed onion and garlic, beans, sweet potato, oat flour (or flax), BBQ sauce, cumin and salt. Use a fork to stir the mixture, mashing the beans to help the batter stick together. You don't want to mash all of the beans, as they help add texture, but you want it mashed enough that you can form and shape the burger patties with your hands.
4. Use a 1/3 cup measure to scoop out the black bean mixture and use your hands to shape it into a burger about 3/4-inch thick. Line a baking sheet with parchment paper (I use the same one I used for drying the beans) and arrange the burger patties on the pan as you go. Use wet hands to shape the patties to help prevent sticking, if necessary. This recipe should make 8 to 9 burgers.
5. Bake the burgers at 350°F for 15 minutes, then use a spatula to gently flip them over and bake for another 5 to 10 minutes. The finished burgers will feel a little dry around the edges, but still slightly soft to the touch in the center. As they cool, they will firm up and dry out a bit

more, so you don't want to over cook them.

6. Serve the burgers warm with your favorite toppings. Leftovers can be stored in an airtight container in the fridge for up to a week, or in the freezer for up to 3 months.

NOTES

Nutrition information is for 1 of 8 burger patties. This information is automatically calculated and is just an estimate, not a guarantee.

Thanks to Serious Eats for sharing this brilliant bean-drying technique.

Update Note: This recipe was updated in April 2024 with new photos, but the recipe has not changed.

NUTRITION

Calories: 106kcal | Carbohydrates: 17g | Protein: 4g | Fat: 2g | Sodium: 449mg | Potassium: 242mg | Fiber: 4g | Sugar: 3g | Vitamin A: 1200IU | Vitamin C: 2.5mg | Calcium: 30mg | Iron: 1.4mg

<https://detoxinista.com/black-bean-burgers/>