



Sweet Potato and Black Bean Burgers

NIBBLEDISH CONTRIBUTOR

Ingredients

15 ounces black beans, rinsed and drained
1 large sweet potato, cooked, peeled
1 cup bread crumbs* (panko, fresh bread crumbs, etc.)
1 large bell pepper, minced
1 egg, whisked
1/2 large red onion, minced
3 scallions, minced
1/4 cup cotija cheese, grated or crumbled
3 cloves garlic, minced
1 tablespoon ground cumin
1 serrano pepper, minced*
1/2 cup fresh cilantro, chopped
1/3 cup fresh parsley, chopped
2 teaspoons agave nectar
Juice and zest of 1 lime, minced
1 tablespoon kosher salt

Instructions

1. Put half of the black beans in a food processor and blend until the mixture is similar to chunky peanut butter.
2. Dump the chunky bean mixture into a large bowl, adding remaining beans along with all other ingredients except the salt. Mix well with your hands. Add more breadcrumbs if the mixture is not thick enough.
3. Form thick patties and place on a plate. Chill in the fridge for an hour.

4. Once chilled, spray a frying pan with cooking spray. When hot, add the patties and cook 3-5 minutes per side. Serve immediately.

*Taste a tiny piece of the serrano before adding it. Use the burn factor to gauge how much you'd like to add.