

# Sweet Potato and Black Bean Burgers

## Ingredients:

1 onion, peeled and diced  
1 clove garlic, peeled and minced  
1 cup water mixed with 1 tsp Dr Fuhrman's MatoZest or VegiZest; or 1 cup low-sodium vegetable stock  
2 ½ tsp ground cumin  
1 tsp smoked paprika  
freshly ground black pepper  
2 cups Balsamic Glazed Sweet Potatoes  
1 cup cooked black beans (or canned black beans, rinsed and drained)  
1 cup cooked brown rice  
½ cup nut meal (e.g. almond, hazelnut, walnut)

## Method:

Pre-heat oven to 200°C. Line a baking tray with baking paper and set aside.

Heat a non-stick or heavy-based frying pan on high heat until a drop of water flicked into the pan forms a 'mercury ball' i.e. rolls around the pan before evaporating.

Add onion to the pan, and stir vigorously with a wooden spoon until onion is just beginning to darken. Add garlic and continue stirring constantly for another 30 seconds. Reduce heat slightly, add ½ cup vegetable stock or VegiZest/MatoZest solution to deglaze the pan - be careful not to scald yourself on the steam - and continue stirring until onion is tender. Add spices, stir for 10 seconds, then add remaining deglazing liquid and continue cooking, stirring constantly, until onion is tender.

Transfer onion mixture to a large mixing bowl, add remaining ingredients and stir well, then mash with a potato masher until ingredients are well mixed.

Shape spoonfuls of the mixture into patties, place on prepared baking sheet and flatten with your hand.

Bake for 20 minutes, then carefully flip over and continue baking for another 10-20 minutes, depending on size of burgers and desired level of firmness and dryness.