

Sweet Potato and Black Bean Burger

This hearty and flavorful Sweet Potato and Black Bean Burger is a delightful plant-based option that's both nutritious and satisfying. With a hint of spices and a crispy exterior, it's perfect for a quick lunch or dinner.


30 min

Total time

medium

Difficulty

400

kcal / serving

Ingredients

- 1 medium sweet potato (about 200g)
- 1/2 cup canned black beans, rinsed and drained
- 1/4 cup breadcrumbs
- 1/4 tsp cumin
- 1/4 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste
- 1 tbsp olive oil (for cooking)
- 1 whole grain burger bun
- Lettuce, tomato, and avocado slices for topping

Steps

- 1 Peel and dice the sweet potato, then boil until tender, about 15 minutes.
- 2 Drain and mash the sweet potato in a bowl.
- 3 Add the black beans and mash them slightly, leaving some chunks for texture.
- 4 Stir in the breadcrumbs, cumin, smoked paprika, garlic powder, salt, and pepper until well combined.
- 5 Form the mixture into a patty.
- 6 Heat olive oil in a skillet over medium heat. Cook the patty for 4-5 minutes on each side until golden brown.
- 7 Toast the burger bun, then assemble with lettuce, tomato, and avocado slices. Serve hot.