



Day after Thanksgiving Sweet Potato Black Bean Burgers

Makes 12 servings | Serving size: 1 patty

PREP TIME

15 min

COOK TIME

1 hr 15 min

TOTAL TIME

1 hr 30 min

These are a great way to use up some of those leftover Thanksgiving sweet potatoes! They're also a great way to make regular burgers a little bit healthier.



Ingredients

- 1 cup leftover Sweet Potato Casserole (with topping removed)
- 1½ cups quinoa, cooked
- ¼ cup whole wheat flour
- 1 can (15-ounce) black beans, drained and rinsed
- ½ red onion
- 1 cup cilantro
- 1 tablespoon cumin
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon salt

Directions

1. In a food processor, mix together all the ingredients except the black beans and quinoa.
2. Transfer the mixture to a bowl, then fold in the black beans and quinoa.
3. Chill for 1 hour.
4. Cover a pan with parchment paper.
5. Form mixture into 12 patties, place on the parchment paper, then return to the fridge to chill for an additional hour.
6. Preheat oven to 375°F.
7. Bake for 35 minutes, flipping the patties over at about the halfway point.
8. Use on burgers, atop a salad, or however you'd like!