



Sweet Potato Vegan Burger

READY IN: 1 HR 20 MINUTES
DIFFICULTY: MEDIUM

Ingredients:

- 1 Medium Sweet Potato, baked and peeled
- 16 oz. cooked white beans (drained/rinsed)
- 1/2 cup White Onions (chopped)
- 2-3 tbsp Tahini
- 3/4 tsp Apple Cider Vinegar
- 1 tsp Garlic Powder
- 1/2 Chipotle powder or cajun spice
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1/3 cup nutritional yeast or flour
- 1/2 cup of leafy greens (Kale/Spinach etc)

Optional Toppings

- Vegan Mayonaise
- Tomato
- Lettuce
- Onions

Method:

1. Bake your sweet potato in a 400 degree oven for 45 minutes or until tender. If in a hurry, you could use the microwave, but oven-baked yields more flavour.
2. Drain and rinse beans. Rinse in very hot water to help soften them.
3. Add the sweet potato and beans to a large mixing bowl. Add the tahini and vinegar. Using a large fork or whisk, mash well. Fold in the onion, garlic, chipotle/-cajun spice, salt, pepper, nutritional yeast or flour and green and continue to mash together.
4. Preheat oven to 400 degrees.
5. Pan fry: form burger mixture into large patties. Warm a skillet over high heat. Add oil to pan and cook patties 2-3 at a time, fry each side for about 2 minutes, until crispy. Transfer the pan-fried patties to a tray.
6. Bake patties in a 400 degree oven for 10-15 minutes. Toast burger buns and add toppings!