



Black Bean, Lentil, & Sweet Potato Vegetarian Burger

Yield 4-6 Portions



INGREDIENTS

BURGER

- 2 cups black beans, drained and rinsed
- 1 cup green lentils, cooked to al dente
- ½ cup basmati rice, cooked
- ½ cup oat flour
- 1 whole egg
- 3 cloves garlic, minced
- ½ red onion, diced and sauteed
- ½ red bell pepper, diced
- ½ celery, diced
- 1 medium sweet potato, roasted in oven
- 1 teaspoon cumin powder
- ½ teaspoon cayenne
- ½ coriander
- 1 teaspoon grace hot sauce
- 1½ teaspoon salt
- ¼ teaspoon pepper

ROASTED PEPPER SAUCE

- Preheat oven to 450°F
- 2 whole roasted pepper
- ½ mayonnaise
- 2 tablespoons lemon juice
- ¼ cup fresh cilantro
- 1 tablespoon olive oil
- ¼ teaspoon salt

INSTRUCTIONS

Bake sweet potato in over for 30 minutes or until tender. Make sure to wrap potato in foil paper. Sit aside to cool once baked.

Place 1½ cups of water in a pot along with quinoa and rice and bring to a boil. Reduce heat and simmer for 15-20 minutes or until water has completely absorbed. Sit aside and let mixture cool.

Once mixture is cool enough to work with, add the red onion and garlic, bell pepper, and oat flour to the bowl along with lentil and rice mixture.

Next add the powder seasonings.

Lastly, add in smashed sweet potato, hot sauce, and one egg.

Stir everything together until well combined and refrigerate mix for 1 hour. Once the mix has chilled, scoop out handfuls of the mixture and shape into desired size patties. 5-6 oz is recommended.

When you are ready to cook them, Pan sear (both sides) then finish in preheated 375°F oven for 12-15 minutes. If you decide to freeze them, they will have to be baked for 20-25 minutes in a 350°F oven.

Enjoy!!

Bon Appetit!

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