

# Spicy Bean Burger

February 16, 2010 By Kristen Feola



The meaty taste of the black beans, combined with chipotle chile pepper seasoning, makes these burgers a *hot* Daniel Fast menu item.

## Chipotle Black Bean Burgers

*1 (15-ounce) can black beans, rinsed and drained*  
*1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)*  
*¼ cup oat flour (see Recipe Notes) or brown rice flour*  
*½ tablespoon dried parsley*  
*¼ teaspoon chipotle chile pepper seasoning*  
*¼ teaspoon garlic powder*  
*¼ teaspoon salt*  
*1/8 teaspoon pepper*

Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about ¼ of the beans whole. Mix in sweet potatoes, oat flour, parsley, chipotle chile pepper seasoning, garlic powder, salt, and pepper. Scoop out 1/3 cup of bean mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.

Broil 4 inches from heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.

Yield: 6 servings (serving size: 1 burger)