



UNDER 30 MIN

Sweet Potato & White Bean Burgers

from the video [4 Ways To Spice Up Your Boring Veggie Burger](#) ►

by Jordan Kenna

Ingredients

for 4 servings

1 medium sweet potato, roasted, peeled
15 oz (425 g) white bean, 1 can, drained, rinsed
1 small onion, finely chopped
1 teaspoon garlic powder
1 teaspoon red pepper flakes
⅓ cup (45 g) nutritional yeast
⅓ cup (10 g) fresh parsley, finely chopped
1 tablespoon lemon juice
½ cup (60 g) seasoned bread crumbs
salt, to taste
black pepper, to taste
canola oil
chipotle mayo
1 red onion, sliced
1 avocado, sliced

Preparation

- 1 Preheat oven to 350°F/180°C.
- 2 In a large bowl, add the roasted sweet potato, white beans, onion, parsley, lemon juice, and seasonings.
- 3 Using a potato masher, mash the ingredients until thoroughly mixed together.
- 4 Once mashed, add the bread crumbs and mix them in.

- 5** In a pan, heat a small amount of oil over medium heat. Add the patties and cook for 3 minutes on each side. Transfer to a parchment paper-lined baking sheet and bake for 10 minutes.
- 6** Place patties on buns, and top with chipotle mayo, avocado, and red onion.
- 7** Enjoy!