

Sweet Potato & Black Bean Veggie Burgers

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-chinese-baked-bun-recipe>

Ingredients:

- 1 1/2 pounds sweet potatoes smaller potatoes cook faster
- 1/3 cup millet
- 1 cup old fashioned oats use certified gluten-free oats if you are avoiding gluten
- 15 ounces black beans rinsed and drained, or 2 cups cooked black beans
- 1/2 red onion small, diced
- 1/2 cup cilantro leaves lightly packed fresh, chopped
- 2 teaspoons cumin powder
- 1 teaspoon chili powder
- 1 teaspoon chipotle powder or smoked hot paprika
- 1/2 teaspoon cayenne powder, optional, to taste
- 1/2 teaspoon salt
- vegetable oil high quality, for cooking burgers, or coconut oil, if you don't mind the coconut taste, olive oil may burn
- 8 whole buns wheat hamburger, optional
- your favorite burger fixings (avocado or guacamole, tomato or pico de gallo, lettuce, sprouts, ketchup, hot sauce, mustard, pickles, c...

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 47 grams
3. Fat: 4 grams
4. Fiber: 9 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 450 milligrams
8. Sugar: 4 grams

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