Chipotle Black Bean Burgers

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

★★★★☆ 3.40 from 201 votes

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COURSE	CUISINE	SERVINGS
Main Course	American	6

INGREDIENTS

- 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, brown rice flour, or other whole grain flour see Recipe Notes
- ½ tablespoon dried parsley
- ¼ teaspoon chipotle chile pepper seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS

1. 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.
2. 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.
3. 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.
4. Yield: 6 servings (serving size: 1 burger)

Cook in an air fryer

1. Place flattened burgers in an air fryer at 400 degrees. Cook 10-12 minutes.