

# Sweet Potato Chickpea Burgers



## Ingredients:

- 2 cups cooked mashed sweet potato
- 15 oz can of chickpeas (drained and rinsed)
- 1/2 cup of diced bell pepper
- 1/2 cup finely diced onion
- 3 cloves garlic minced
- 3 eggs or flax eggs
- 1/2 cup old-fashioned rolled oats (may need more, depending on desired consistency)
- 1 1/2 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp salt
- freshly ground black pepper to taste

## Instructions:

1. If using flax eggs, add 9 tablespoons of water to 3 tablespoons of ground flax seeds. Whisk together and refrigerate for 15-30 minutes to set.
2. Bake or steam sweet potatoes and remove/discard the skin. Set aside.
3. Drain and rinse beans, then add to the sweet potato.
4. Next saute your onion and bell pepper

5. After about 7 minutes or so, add garlic and continue to saute until the veggies are translucent and tender.
6. While they cook, mash the sweet potato and beans, but not fully.
7. For the oats, they can be left whole or "chopped" by grinding them in a blender or food processor.
8. Once your veggies are ready, transfer to a large bowl with the beans, sweet potato, flax eggs and raw oats, and then add your herbs/spices to season.
9. If the mixture feels too wet to form into proper veggie burgers you'll want to add an extra half cup of oatmeal.
10. Form the bean and veggie mix into 6 veggie patties and place on a cookie sheet.
11. Preheat the oven to 400 degrees.
12. Place the cookie sheet in the freezer for about 10-15 minutes.
13. After being in the freezer, place the cookie sheet with the burgers in the oven for approximately 30-40 minutes, until nicely browned.
14. Serve on a bun, wrapped in fresh lettuce, or atop a big bed of veggies!

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#### Nutrition Facts

Servings 6.0

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#### Amount Per Serving

calories 153

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#### % Daily Value \*

Total Fat 3 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 262 mg	11 %
Potassium 220 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 6 g	22 %
Sugars 4 g	
Protein 6 g	12 %
Vitamin A	320 %
Vitamin C	25 %
Calcium	18 %
Iron	5 %

Recipe adapted from:

<https://peasandcrayons.com/2012/11/sweet-potato-chickpea-burgers.html#wprm-recipe-container-17414>