

Favorite Veggie Burgers

It's almost summer time, let's get these veggie burgers on the grill and jump in the pool.

Preparation Time: 1 hour.

Cook Time: 20 mins

Servings: 8 - 10

Amount	Ingredient	Cost - date:
1 1/2 pounds (2 med. or 3 small)	Sweet Potatoes	
1/2 cup	Quinoa, rinsed in fine-mesh colander	
1 cup	Water	
1 can (15 oz)	Black Beans, rinsed and drained (or 1 1/2 cup cooked black beans)	
1/2 cup (about 1/2 small onion)	Red Onion, chopped	
1/3 cup	Fresh Cilantro, or parsley - chopped (optional)	
2 cloves	Garlic, pressed or minced	
2 Tbsp	Adobo sauce* or 2 tsp smoked paprika	
2 tsp	Ground Cumin (or less)	
1 tsp	Chilli Powder (or less)	
1/2 tsp	Salt	
1 1/4 cup	Quick-cooking oats** (use gluten-free if needed)	
	Extra-virgin olive oil for brushing or avocado oil, if using stovetop method)	
8	Whole Wheat Hamburger buns	
Optional Toppings		
	Tomato, onion, lettuce, avocado, guacamole	
	Pickles	
	Cheese	
	Ketchup, hot sauce, mustard	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat the oven to 400 degrees Fahrenheit. Line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. Roast the sweet potatoes: Slice the sweet potatoes down the centre lengthwise. Place the sweet potatoes, cut side down, on the prepared baking sheet. Roast until they yield to a gentle squeeze, 30 to 40 minutes or longer. Set aside for now. (If you'll be baking the burgers, reserve the parchment-lined pan and leave the oven on.)
3. Meanwhile, in a small saucepan, combine the quinoa and water. Bring the mixture to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 11 to 14 minutes. Remove the pan from the heat, cover, and let the quinoa steam for 10 minutes.

4. Once the sweet potatoes are cool enough to handle, remove and discard the skin (it should pull off easily) and roughly chop the insides. In a large mixing bowl or the bowl of your electric mixer, combine the cooled sweet potatoes and quinoa, black beans, onion, cilantro, garlic, adobo sauce, cumin, chili powder, and salt. Use a potato masher, pastry cutter, large spoon or the paddle attachment of your mixer to mix really well. It's ok if the black beans get smashed in the process.
5. Sprinkle the oats over the mixture and mix well with a large spoon until the mixture holds together when you shape a portion into a patty. If you won't be making the burgers immediately, cover the mixture and refrigerate for later.
6. When you're ready to cook, shape the burgers: Use a measuring cup to measure out ½ cup of the mixture. Gently shape it into a patty about 3 ½ to 4 inches in diameter (or preferred size). Use your hands to gently flatten the burgers and smooth out any jagged edges. Repeat the process for each patty; you should end up with 8 - 10.
7. If you're baking the burgers (see recipe notes for alternate options), brush both sides of each patty generously with olive oil and place them on the lined baking sheet, leaving a few inches of space around each one. Bake at 400 degrees Fahrenheit until the patties are deeply golden on the outside, about 35 minutes, flipping halfway. Serve burgers as desired. Leftover burgers keep well, refrigerated, for 4 days. Or, freeze them in a freezer bag for up to 3 months (thaw in the microwave for about 1 minute or in a 400 degree oven for 12 to 15 minutes, until warmed all the way through).

NOTES:

***Adobo sauce note:** Buy canned or jarred chipotle peppers in adobo and use the sauce. You'll usually find this ingredient in the international or Hispanic aisle of the grocery store. You can transfer leftover peppers and their sauce to a freezer bag, squeeze out any remaining air, and freeze for later use.

****Oats note:** You can use old-fashioned oats instead, if you briefly blend them in a food processor or blender until broken into smaller pieces (not as fine as flour).

Stovetop cooking method: Heat 1 tablespoon avocado oil (or other high heat oil) in a large skillet over medium heat. When it's hot, place several burgers in the pan, leaving enough room to flip them. Cook each patty until browned and heated through, about 3 to 4 minutes per side. Add 1 tablespoon oil to the skillet for each pan of burgers you fry, and dial down the heat as necessary to prevent burning.

Grilling method: Ideally, let the mixture chill in the fridge for a couple of hours before shaping the burgers and grilling. No need to coat the burgers in oil, which might burn on the grill. Shape the burgers as instructed in step 6, and cook on a grill over medium heat, turning once the undersides have turned golden and developed some grill marks. Repeat on the other side.

SOURCE: <https://cookieandkate.com/best-veggie-burger-recipe/>

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11