

# Sweet & Spicy Veggie Burgers

PAIRED WITH TIKAL NATURAL



*The fresh expression of fruit and spice from the Malbec and Syrah brings out the lively flavors in these hearty veggie burgers.*

## MAKES 8 PATTIES

### INGREDIENTS

- 1 ½ lbs. sweet potatoes, *sliced down center lengthwise*
- 1 cup cooked quinoa
- 1 cup oats
- 1 15-oz. can black beans, *rinsed and drained*
- 2 tablespoons chopped red onion
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon smoked Spanish paprika
- 1 teaspoon sea salt
- Vegetable oil for cooking
- Buns, lettuce wraps and your favorite burger garnishes

Preheat oven to 400°. Rub cut sweet potatoes with oil and place cut side down on a parchment-lined baking sheet. Bake until easily pierced with a knife; cool and remove skins. Roughly chop insides and combine with cooked quinoa. Use a food processor or blender to grind the oats until flakes are broken up but not fine like flour. Add oats, black beans, onion, cumin, chili powder, paprika and salt to sweet potato mixture. Mix well; cover and refrigerate mixture for at least 1 hour and up to 8 hours.

Using a ½ cup measure, scoop out the mixture and form into 8 patties. Heat a small amount of oil in a non-stick skillet over medium heat. Fry a few burgers at a time, cooking until browned on each side and cooked through. About 3-4 minutes per side. Use more oil as needed for frying. Burgers can also be baked at 400° on a parchment-lined sheet pan. Brush patties generously with oil before baking, flipping half-way through. Garnish and serve to your liking!

**Serve with Tikal Natural**