

SOUTHWEST VEGGIE BURGERS



**A little sweet, with a savory Mexican flare.
Even kids & carnivores will love these!**

STEP 1 BAKE

2 MED ORGANIC SWEET POTATOES
*PEEL & CUT IN 1 INCH PIECES
*COAT IN EVOO & SPRINKLE PINK SALT
*BAKE 375 TIL SOFT-LET COOL

STEP 2 PREPARE IN MED SAUCEPAN

1 CUPS ORGANIC QUINOA
2CUPS FILTERED WATER
*PLACE IN PAN-BRING TO BOIL
*REDUCE HEAT, COVER, SIMMER 12-15MINS TIL
WATER IS ABSORBED & GRAINS ARE TRANSLUCENT
*LET COOL

STEP 3 COVER BOTTOM LARGE POT WITH EVOO & SAUTE

2-3 TSP ORGANIC MINCED GARLIC
1/2 CUP ORGANIC RED ONION CHOPPED SMALL
1/2 CUP ORGANIC WHITE/YELLOW ONION CHOPPED SMALL
1/2 CUP ORGANIC RED PEPPER CHOPPED SMALL
1 CAN/OR FRESH DICED JALAPEÑOS- WE LIKE HOT! USE WHATEVER HEAT YOU LIKE!
*ALLOW TO COOK DOWN

STEP 4 ADD TO ONIONS/PEPPERS & CONTINUE LOW HEAT TIL BEANS ARE A LITTLE SOFT. LET COOL.

2 ORGANIC SWEET POTATOES FROM STEP 1
2 CANS ORGANIC BLACK BEANS (RINSED/DRAINED)
3TBS ORGANIC COCONUT AMINOS
1-2 TSP FRESH ORGANIC BASIL
2 TSP FRESH ORGANIC PARSLEY
2-3 TSP ORGANIC CUMIN
2 -3TSP ORGANIC CHILI POWDER
1TSP ORGANIC GARLIC POWDER
PINK SALT/PEPPER TO TASTE

STEP 5 PUT BEAN MIX IN FOOD PROCESSOR TIL SMOOTH

STEP 6 TRANSFER TO MIXING BOWL & MIX IN

ADD 1.5 CUP COOKED QUINOA FROM STEP 2
1.5-2 CUPS ORGANIC BROWN RICE FLOUR-TIL THEY STICK
TOGETHER GOOD

MIX WELL BY HAND. MEASURE 1/2 CUP OF MIXTURE & FORM INTO PATTIES.

BAKE 400 ON GREASED COOKIE SHEET FOR 30-40 MINUTES (FLIP HALF WAY).

MAKE DOUBLE BATCH & SEPARATE XTRA (UNCOOKED) PATTIES WITH WAX PAPER AND FREEZE FOR A QUICK/EASY MEAL!

**Load on your favorite toppings & enjoy! We top with
avocado on gluten free, whole grain or sprouted buns!**