

The BISD Burger (plant-based) & Sparty Sauce (vegan)



Ingredients - Burger

- 2 (14-ounce) cans black beans, drained, rinsed and patted dry
- 1 Tablespoon extra virgin olive oil
- $\frac{3}{4}$ cup finely chopped bell pepper (yellow or red)
- 1 cup finely diced yellow onion
- 3 garlic cloves, minced (about 1 Tablespoon)
- $\frac{1}{3}$ cup steamed cubed sweet potato
- 1 $\frac{1}{2}$ teaspoons ground cumin
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon smoked paprika
- $\frac{1}{2}$ cup bread crumbs
- 2 Tablespoon BBQ sauce of your choice
- Pinch of salt + pepper
- Hamburger buns & toppings

Ingredients - Sauce

- $\frac{1}{2}$ cup vegan mayonnaise
- 3 Tablespoons ketchup
- 2 Tablespoons sweet pickle relish
- 1 Tablespoon sriracha
- 1 $\frac{1}{2}$ teaspoons distilled vinegar

Directions - Sauce

- Combine all ingredients and stir thoroughly

Serving size: 1 Tablespoon; the recipe makes about 18 servings.

Directions - Burger

Prep Time: 30 minutes | Cook Time: 20 minutes | Total Time: 50 minutes | Yields: 6-7 burgers

1. Preheat oven to 350°F (163°C).
2. Peel and cube half a sweet potato. Steam until tender. You need ⅓ cup.
3. Dice the onion and bell pepper. Mince the garlic.
4. Spread drained beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
5. Meanwhile, using the olive oil, sauté the chopped pepper, onion and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture.
6. In a food processor, combine cooked peppers, onions and garlic. Pulse twice.
7. Add cumin, chili powder, garlic powder, smoked paprika, bread crumbs, sweet potato, BBQ sauce, salt and pepper. Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.
8. Form into patties—using about ⅓ cup of mixture in each or 80 grams.
9. To bake: Place patties on a parchment paper lined baking sheet and bake for 10 minutes on each side, 20 minutes total. Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days or freeze. Reheat at 350°F for 10 minutes.

-Recipe courtesy of BHS Culinary Arts Students, May 2023