BBQ-Worthy Chipotle Yam & BLACK BEAN BURGERS

THE kitchen

- 300g yam, baked
- 1 14oz can organic black beans
- 1 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp garlic powder
- 1/4 tsp chipotle powder
- 1/4 tsp sea salt
- fresh ground pepper
- 1/4 c gluten free oats
- 1/4 c cornmeal
- cilantro
- avocado
- lime wedge
- mustard of your choice
- BBQ sauce
- Gluten free burger buns

DIRECTIONS

- Pre-heat the over to 400F. Prick the yam with a knife and bake until cooked.
- Mash the yam together with the black beans. Add the spices and gluten-free oats and hand mix until combined.
- With your hands, make the mixture into balls and flatten into approximately 3in diameter burgers by about 3/4-1" height.
- Put the cornmeal in a pile on a flat surface and coat the burgers, both sides. They should be holding their shape. If they're not, refrigerate them for 30 minutes.
- Pan fry: heat a non-stick pan up to medium heat. Put a small amount of olive oil in the pan. Cook the burgers for about 3 minutes on each side, or until golden brown and crispy. Serve immediately.
- BBQ: place burgers on the grill until crispy and golden brown on both sides (approximately 3-4min each side). Serve immediately.

STORAGE

Store burger patties in the fridge for 1-2 days (without cornmeal).

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