



Makes 7 to 8 palm-size burgers
Cook Time: 30 minutes

INGREDIENTS:

1 (15-ounce) can black beans, drained and rinsed (about 1½ cups)

1 large baked sweet potato

1¼ cups cooked short-grain brown rice

4 ounces firm tofu (or tempeh)

¼ cup ketchup

1 teaspoon garlic powder

1 teaspoon low-sodium tamari

1 teaspoon vinegar (any kind)

¼ cup nutritional yeast

1 teaspoon smoked paprika

Splash of unsweetened, unflavored plant milk

Veggie Burger Deluxe: Smoky Black Bean Burger

An expanded version of the [basic plant burger recipe](#), this burger has been specifically hailed as a huge hit with families transitioning to plant-based eating.

From *The Plant-Based Journey*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Lani Muelrath, MA

- 1 Lightly pulse the beans in a food processor, leaving some chunks for texture, or partially mash them with a potato masher. Place the beans into a large bowl, along with the rice, sweet potato, and tofu.
- 2 Add the ketchup, garlic powder, tamari, vinegar, nutritional yeast, and paprika to the bowl, and knead to make the mixture workable for forming burgers. Add unsweetened, unflavored plant milk, 1 splash at a time, if the burgers don't hold together well. Chill for an hour or more, if time allows.
- 3 Form the mixture into palm-size patties about ¾-inch thick.
- 4 Roll the edges against a flat surface to make a round shape with flat sides.
- 5 Cook the burgers in a nonstick pan over medium heat for 5 minutes, then turn and cook the other side for 4 to 5 minutes more. You can also bake the burgers on a baking sheet at 350°F for about 20 minutes.
- 6 Serve on buns or alone with your favorite condiments.

Note:

Rice: Short-grain brown rice has a stickiness that holds the burgers together; substituting long-grain rice or another grain may result in a burger that falls apart more easily. For a more savory flavor, cook the rice in vegetable broth instead of water.