

# Sweet Potato Quinoa Burgers

The following recipe and photography for this post were provided by local blogger Abby Thome of [The Thome Home](#).

## Ingredients

### For the Sweet Potato Burgers

- 4 cups of roasted and mashed sweet potatoes (roughly 6 small sweet potatoes or 3 large)
- 1 15 oz. can Heinen's cannellini beans
- 2 eggs
- 1/2 cup almond flour
- 1 1/2 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. pepper

### For the Quinoa

- 1 cup of quinoa
- 2 cups of water
- 1 tsp. paprika
- 1/2 tsp. garlic powder



## Instructions

1. Preheat oven to 375°F.
2. Place sweet potatoes onto a baking sheet. Poke a few holes into each potato with a fork.
3. Bake for 45-60 minutes, or until sweet potatoes are cooked throughout and tender.
4. In the meantime, add one cup of quinoa and two cups of water to a pot. Stir in 1 tsp. paprika and 1/2 tsp. garlic powder. Bring to a boil, reduce to simmer with the lid on until all liquid is absorbed. Check the quinoa package for timing.
5. Once the sweet potatoes and quinoa are ready, let them both cool for 10 minutes so they are easy to handle.
6. Peel the skins off of the sweet potatoes, toss the skin out and place peeled sweet potatoes into a large bowl
7. Add 2 cups of the cooked quinoa to the bowl
8. Rinse and drain one can of cannellini beans and add to the bowl.
9. Add two eggs, 1 tsp. paprika, 1 1/2 tsp. garlic powder, 1 tsp salt, 1/2 tsp pepper and 1/2 cup almond flour.
10. Stir together until the sweet potatoes are smooth and all ingredients are distributed evenly.
11. Preheat oven to 375°F and line two baking sheets with parchment paper.
12. Scoop 1/2 cup of the sweet potato mixture into a mound on the baking sheet. Use your hands to push the mixture into a patty shape. Each patty will be approximately 1/2 inch thick and 3 1/2 inches wide.
13. Bake for 30 minutes.
14. Once they have cooked for 30 minutes, simply pan sear the patties for 2 minutes on each side in a nonstick pan coated with butter. Be gentle, these burgers are fragile up until the point of searing. Remove from pan, and enjoy right away or let cool and store in an airtight container to add to wraps, sandwiches or salad throughout the week!