



BLACK BEAN PATTIES
by, Katherine Rossmoore

Ingredients:

2 cups cooked black beans (either cooked from raw, 2 cans or 1 large can)
2 sweet potatoes
1/2 onion, chopped
1-2 cloves chopped garlic
1 small shredded zucchini
1 T salt
Pepper to taste
1 t cumin powder
1/2 t chili powder
1/4 t cayenne (or, fresh chopped jalapeño to taste)
2 large eggs, lightly beaten
1 to 1 1/2 Cups break crumbs, panko or oats ground up to make flour

Peel and chop the sweet potatoes and boil or steam until fork tender, (only takes about 10 minutes); I did this step in advance and let them cool to room temperature.

Place the previously cooked black beans in a large bowl and mash to your liking. (I like to leave some beans intact, but mostly mashed up.) Then add the cooked sweet potato pieces and mash in a similar fashion (less or more chunky according to your taste.) Then, add all of the ingredients except the bread crumbs and keep mixing well after each addition. Last, add as much of the flour for bread crumbs as you need to make the patties stick together, but not more than needed.

Line 2 baking sheets with parchment paper and put the patties on the trays.
Bake at 375 degrees for 40 minutes, turning and rotating the trays 1/2 way through.

Let cool.

Garnish with cilantro and a sauce or mayo of your choice.
I made quick chipotle mayo/yogurt sauce, as follows:

Chipotle Sauce

1/2 C whole milk yogurt
1/4 C good mayonnaise
Juice from 1/2 a lemon or 1 whole lime
2 t chipotle sauce from canned chilies in adobe sauce (or chili puree)
Salt and pepper to taste
Chopped fresh cilantro
Optionally add a few squirts of sracha sauce and mix well.