

# Awesome Bean Burgers

This burger is a clear winner with the kids. Encourage your students to enjoy this Climate-Friendly burger on Earth Day and every day! These burgers freeze well.

*50 burgers*

25 cups cooked black beans (5 pounds dried beans)  
8 sweet potatoes (medium: 10 to 12 ounces each)  
1 cup onion powder  
4 cups quick-cooking oats (regular rolled oats also work)  
1/2 cup maple syrup (optional and delicious without)  
1/2 cup Dijon mustard  
3 tablespoons garlic powder  
4 teaspoons salt

Bake or steam sweet potatoes until soft. If baking, leave skin on and scoop out the insides when cooled. If steaming, peel first.

Mash together the black beans, sweet potatoes, and oats. Mix the rest of the ingredients together first and then add to the black bean, sweet potato, oat mixture and mix well. Form into 50 patties, using about 2/3 cup of the mix for each. Place patties on a lightly oiled baking sheet or line a baking sheet with parchment paper.

Preheat oven to 350°. Bake until brown on top (8 to 10 minutes, 6 minutes convection). Flip and bake for about the same time until brown on top.

*~ Recipe by Allison Memmo Geiger for Coalition for Healthy School Food  
Revised for quantity by Chef Nancy Lazarus, Co-Owner, Moosewood Restaurant*