

BLACK BEAN BURGER BOWL

Serves 8

Ingredients

Sweet potato fries

- 2 medium **sweet potatoes**, cut into fry-shaped strips
- 2 teaspoons **olive oil**
- 1/4 teaspoon **salt**

Black bean burger patties

- 2 teaspoons **olive oil**, divided
- 3/4 cup diced **onion**
- 1/2 cup diced **bell pepper**
- 2 **garlic cloves**, minced
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 2 teaspoons **chili powder**
- 2 teaspoons **cumin**
- 1 cup cooked **brown rice**
- 1 15-ounce can **black beans**, drained, rinsed and mashed with a fork
- 1 cup plain or original **breadcrumbs**

Dressing

- 1/4 cup **ketchup**
- 1/4 cup **Greek yogurt**
- 2 teaspoons **mustard**

Bowl

- 8 cups chopped **romaine lettuce**
- 2 cups **cherry tomatoes**, halved
- 1 cup shredded **cheddar cheese**
- **Optional:** sliced avocado, diced onions, pickles, shredded carrots

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Directions

- 1 Prepare the sweet potato fries:** Preheat oven to 425°F. In a medium bowl, toss the fry-shaped sweet potato strips with olive oil and salt. Spread them on a parchment-lined baking pan and roast for 20 to 25 minutes or until tender and slightly browned.
- 2 Prepare the black bean burger patties:** Heat 1 teaspoon of olive oil in a large nonstick skillet over medium heat. Add onions and peppers and sauté for 3 to 4 minutes. Add garlic, salt, pepper, chili powder and cumin and sauté for an additional 1 to 2 minutes. Transfer sautéed veggies to a bowl and mix in cooked brown rice, mashed black beans and breadcrumbs. Form the mixture into 8 burger patties.
- 3 Cook the patties:** Using the same skillet, heat the remaining 1 teaspoon of olive oil over medium heat. Cook the patties for 3 to 4 minutes on each side or until heated through. Set aside.
- 4 Make the dressing:** In a small bowl, whisk together the ketchup, Greek yogurt and mustard.
- 5 Assemble the bowls:** Divide the lettuce, cherry tomatoes, sweet potato fries and any optional toppings between 8 bowls.
- 6 Add the patties:** Place a black bean burger patty on top of each bowl, then sprinkle shredded cheddar cheese and drizzle the dressing on top and serve.

Nutrition Facts*

1 serving, optional ingredients not included

Calories: 360

Protein: 13 grams

Total Carbohydrates: 60 grams

Dietary Fiber: 10 grams

Total Fat: 8 grams

*Nutrition facts are an estimate and vary based on serving size.