

**Recipe name:** Awesome Bean Burgers **Category:** M/MA, Vegetable, Grain **Recipe #:** \_\_\_\_\_

Ingredients	100 servings	200 servings	Directions
	Measure	Measure	
Black beans, canned, drained	12 ½ qt. (or 5 + ½ #10 cans)		Preheat the oven to 350°F. Line baking sheets with pan liner or lightly oil.
Sweet potato, medium, steamed or baked until soft, mashed	4 ¼ lbs. raw (or 2 ¼ qt. cooked and mashed)		In a food processor or mixer, blend the black beans, mashed sweet potato, tomato paste and oats just until well combined, not pureed (some beans and oats still whole).
Tomato paste	1 ¼ cups		Mix the remaining ingredients in a bowl, then add the bean mixture and blend again just until evenly mixed.
Quick-cooking oats (or rolled oats briefly whirled in a blender)	2 ¼ qt.		Form the mixture into 100 patties (about ¾ cup mixture per patty) and then place on the prepared baking sheets.
Soy sauce, low sodium	1 ¼ cup		Bake until brown on top, about 8 to 10 minutes. Flip and bake for 10 more minutes.
Ground cumin	¼ cup + 1 Tbsp.		Serve immediately or hold at 135°F or higher.
Chili powder	¼ cup + 1 Tbsp.		
Garlic powder	¼ cup + 1 Tbsp.		
Dijon-style mustard	¼ cup + 1 Tbsp.		Note: These yummy, nutrient dense, versatile veggie burgers are great on a whole wheat bun with all the fixings, served on top of brown rice with salsa, or as the filling of a great burrito or enchilada!
Salt	2 Tbsp.		
Ground black pepper	1 Tbsp. + 1 tsp.		

Serving size and yield	
<b>Serving size:</b>	1 patty
<b>Yield:</b>	100

Cooking time and temperature		
<b>Oven type</b>	<b>Temperature</b>	<b>Time</b>
<b>Conventional:</b>		
<b>Convection:</b>		

Meal pattern contribution (based on serving size)	
<b>Meat/meat alternates (ounce equivalents):</b>	2
<b>Grains (ounce equivalents):</b>	
<b>Fruits (cups):</b>	
<b>Vegetables (cups):</b>	

Nutrients per serving					
Calories	170	Total fat (g)	1	Cholesterol (milligrams (mg))	0
Protein (grams (g))	9	Saturated fat (g)	0	Total sugars (g)	2
Carbohydrate (g)	32	Trans fat (g)	0	Dietary fiber (g)	10
				Sodium (mg)	460
				Vitamin D (international units (IU))	0
				Iron (mg)	3
				Potassium (mg)	547
				Calcium (mg)	58

Recipe credit: