**Sweet Potato Burgers**

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Vegetarian

Sweet potatoes are a great veggie option for making burgers. Cauliflower rice and coconut flour help to bind the burgers together. While cooking, do not move the burgers until they are fully cooked and golden on one side to prevent the burger from falling apart. Serve either topped with avocado or with some ketchup on the side.

Ingredients:

2 large sweet potatoes

1/2 cup cauliflower rice, cooked

1/3 cup coconut flour

1/4 cup red onion, diced

1/4 cup fresh parsley, chopped

2 tsp Paleo mustard

1 tsp garlic powder

Pinch of salt

Coconut oil, for frying

Directions:

1. Preheat the oven to 375 degrees F. Poke the sweet potatoes with a fork and place on a baking sheet. Bake for 50 minutes or until soft. Remove from the oven and let cool. Once the potatoes are cool enough to handle, carefully scoop out the flesh and place into a large bowl.

2. Add the rest of the ingredients into the bowl and mash together until everything is evenly combined. Using your hands, shape the mixture into 5-6 large patties.

3. Heat coconut oil in a skillet over medium heat. Place the patties into the pan and cook for 4-5 minutes on each side until browned.

