

### Smokey Black Bean and Sweet Potato Burgers

1 15 oz can black beans, drained  
1 medium sweet potato, baked, skin removed  
1 cup quinoa, cooked  
1 cup brown rice, cooked  
1/2 cup organic bread crumbs  
1/2 cup hemp seed or finely chopped walnuts  
4 green onions, sliced  
1/4 cup chopped fresh cilantro  
1 tablespoons brown sugar  
1 teaspoon smoked paprika  
1 teaspoon cumin  
1 1/2 teaspoons onion powder  
1 1/2 teaspoons garlic powder  
1 teaspoon sea salt  
1/2 teaspoon ground black pepper

Mash the beans and sweet potato, add the remaining ingredients and mix well. Shape into patties and cook on a lightly oiled flat grill about 8-10 minutes each side. Or lightly coat each patty with olive oil and bake in a 400 degree oven for 20 minutes, flip them over and bake an additional 20 minutes.



### Homemade French Fries

2 1/2 pounds of russet potatoes, cleaned and scrubbed  
high heat vegetable oil (grapeseed, canola or safflower)  
Sea salt and black pepper to taste  
Organic ketchup or vegan ranch dipping sauce

Wash and scrub the potatoes. Slice each potato lengthwise into three to four slices, next lay each down and cut into even strips.

Add about one inch of oil to a large frying pan, turn the heat to medium high and test for readiness by dropping one potato into the pan, if it bubbles it's ready. Next, add a single layer of potatoes to the pan, using tongs carefully turn the potatoes every few minutes to brown evenly. Once the potatoes are golden brown transfer them to a paper towel lined plate and drain. Sprinkle with salt and seasonings, repeat again with the remaining potatoes. Serve with ketchup and/or vegan ranch dressing dipping sauce.

