



# Yamburgers

## Ingredients

- 4 to 5 cups water
- 1 medium carrot, chopped
- 1 small onion, chopped
- 1 stalk celery, chopped
- 8 ounces dry lentils, rinsed and drained
- 2 medium sweet potatoes (yams), baked
- 2 tablespoons maple syrup
- 2 to 3 slices gluten-free bread, torn or cut into small pieces
- Ground black pepper to taste
- 1 tablespoon olive oil



## Instructions

1. In a saucepan, bring the water to a boil. Add the carrot, onion, celery, and lentils, and bring the mixture back to a boil. Partially cover the pan and simmer for 20 to 30 minutes, or until the lentils are cooked. Drain and set aside.
2. In a large bowl, peel and mash the sweet potatoes, and then add the maple syrup, reserved lentil mixture, bread, and pepper. Mix well and form into patties.
3. In a large skillet, heat the oil over medium heat and add the patties, cooking for a few minutes on each side or until brown.

### Recipe Note

You can substitute other veggies or add more, such as frozen spinach (thawed).

Use the bread's heels (end pieces), if available.