Brazilian Black Bean Burgers

2 cans black beans, rinsed and drained

1/2 cup brown rice, cooked

3 egg whites

1 teaspoon smoked paprika

1/2 teaspoon salt

1/4 teaspoon pepper

1 sweet potato, grated

3/4 cup frozen corn

1/3 cup cornmeal

whole wheat buns

Toppings: lettuce, tomato, avocado, pickle, mustard, ketchup, mayonnaise, etc.

Puree beans (reserving 1/2 cup), rice, egg whites, paprika, salt and pepper in food processor until smooth.

Stir in sweet potato, corn, cornmeal and reserved beans.

Divide mixture into 8 pieces and shape each into a patty.

Place patties on the grill (or a Big Green Egg in my case) and grill until cooked through.

Place warm burgers on a whole wheat bun.

Top with vegetables or condiments of your choice.