

Spicy Bean Burgers

This recipe for bean burgers can be adapted using different types of beans or you could use minced meat instead of bean for a meaty burger. This recipe is quite spicy, for less spicy burgers leave out the chilli powder.



Ingredients

1 slice of bread

1 x 400g can red kidney beans or 300g minced beef or pork

1 onion

1 stock cube

1 tbsp tomato puree

1 tsp ground chilli powder (Use less for a less spicy burger)

1 tsp dried herbs

Equipment

Chopping board

Knife

Can opener

Food processor

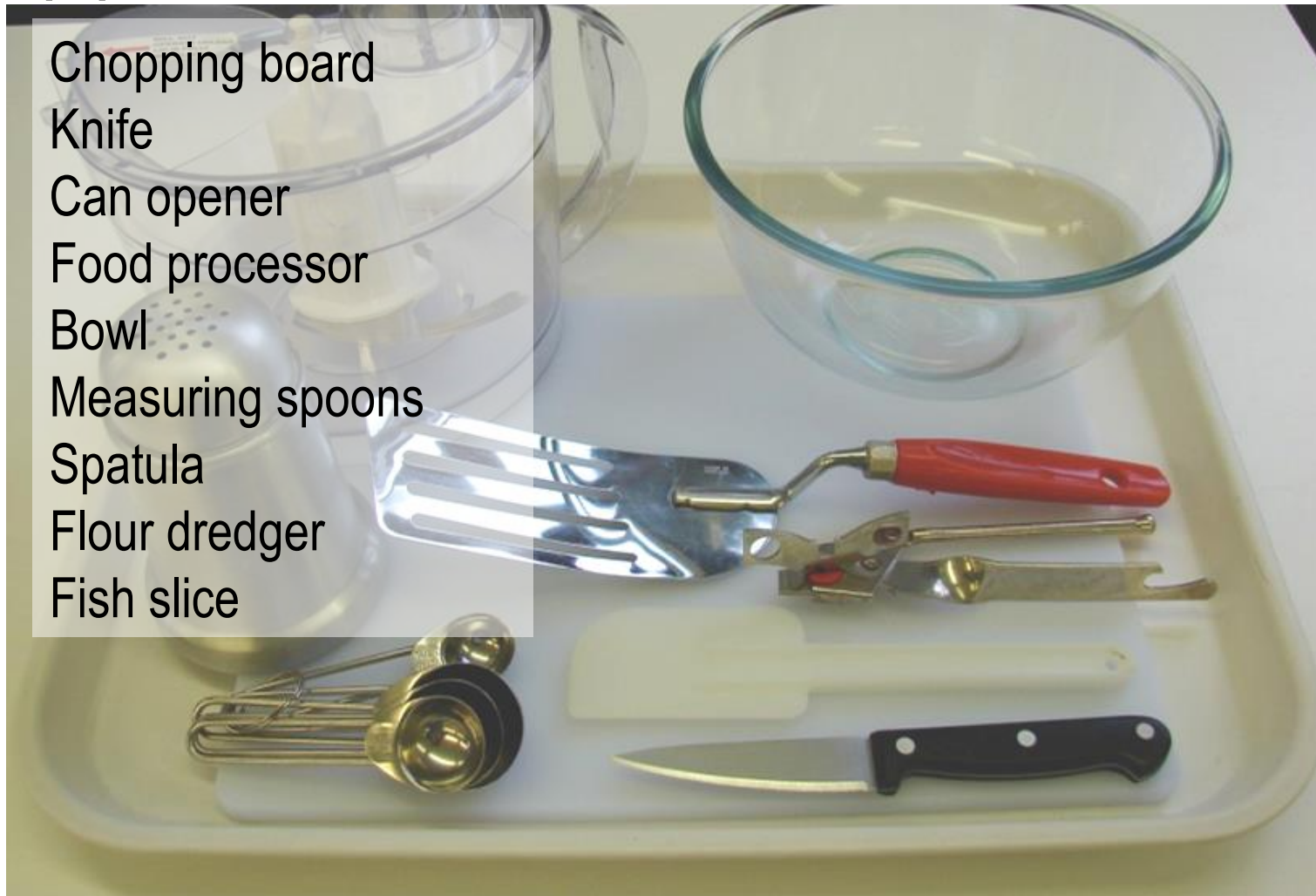
Bowl

Measuring spoons

Spatula

Flour dredger

Fish slice



2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into the mixing bowl. If you don't have a food processor, just grate your bread into crumbs with a grater



4. Peel the onion.



5. Drain the red kidney beans.



6. Place the red kidney beans, onion, tomato puree, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture. If you don't have a food processor, grate onion and mash the beans, puree, onion and spices together using a fork or potato masher.



7. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly.



8. On a lightly floured chopping board, divide and shape the bean mixture into 8 small burgers.



7. Preheat the grill. Grill the burgers for 8 minutes, turning over after 4 minutes.



8. Serve with bread and a salad.



Top tips

- Try different types of beans or pulses.
- Use other herbs and spices, instead of chilli.
- Eat with a range of different breads and fillings.