VEGGIE BURGERS

Prep time
20 mins
Cook time
10 mins

Ingredients

- 150g cooked brown rice (Mrs M will prepare this but you must order it!!)
- 100g breadcrumbs (3/4 rounds wholemeal bread crumbed in food processor)
- 1 onion, peeled and diced
- 2 cloves garlic, peeled and crushed
- 1 tsp each chili powder, cumin powder, and smoked paprika (In school)
- 1 vegetable stock cube
- 250g cooked black beans, kidney beans or borlotti beans
- 3 tbsp tomato puree

- 5 wholemeals roll and a little salad per burger (You will probably only cook 1 burger in school)

Instructions

1. Prepare ingredients as described above.
2. Sauté onion and garlic for 3-4 minutes, or until onion is fragrant, soft, and translucent. Remove from heat add to food processor
3. Add chili powder, cumin, smoked paprika and stock cube to food processor and blend until fine.
4. Pour onion mixture into a large mixing bowl.
5. Drain, rinse and dry beans. Blend in food processor. Add to onion mixture.
6. Add blended beans, cooked rice, bread crumbs, tomato puree and crumbled stock cube to onion.
7. Mix thoroughly with a spoon for 1-2 minutes, or until a mouldable dough forms. If dry, add extra tomato puree. If too wet, add more bread crumbs. Taste and adjust seasonings as needed.
8. Divide into 5 patties and use a burger press to form a burger shape.
9. Preheat the grill. Brush the surface of the burger with a little oil.
10. Grill for 3-4 minutes or until well browned on the topside, then flip gently with a fish slice.
11. Remove burgers from heat to let cool slightly, and prepare any other toppings/sides at this time (such as grilling/toasting your buns).
12. Serve burgers on toasted buns with desired toppings.

> **Nutrition:**
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> The LBV amino acids in the beans complement the LBV protein in the bread rolls and the rice to make an HBV protein dish.
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> Using wholemeal bread meets the eatwell guide recommendations for wholegrain starchy carbohydrates.
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> Adding a good portion of salad adds colour as well as fibre and vitamins C and A