

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

Spicy Bean Burgers

Ingredients

- 1 slice of bread
- 1 x 400g can red kidney beans
- 1 onion
- 1 medium green chilli (Optional)
- 1 stock cube
- 1 tsp ground chilli powder
- 1 tsp dried herbs



Equipment

- Chopping board, knife, can opener, food processor, mixing bowl, measuring spoons, spatula, extra flour, fish slice.



Method

1. Preheat the grill or just turn it on when you are ready to cook.

Check with an adult before using the cooker

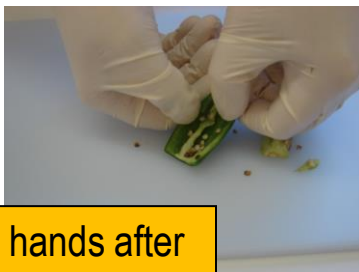


2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Or grate the bread into bread crumbs. Pour these crumbs into the mixing bowl.



Check with an adult before using the food processor

3. Cut away the top of the chilli, and then de-seed.



Wash hands after touching chilli

4. Top and tail and peel the onion.



5. Drain the red kidney beans.



6. Place the red kidney beans, onion, tomato puree, stock cube, chilli, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture.



If you've no food processor, grate the onion and mash all ingredients together with 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.



9. Grill the burgers for 8 minutes, turning over after 4 minutes.



If you are using meat, be sure to check there are no pink bits in the middle of your burgers before eating.

10. Serve with bread and salad.



Eat immediately or cool and chill burgers in a fridge for up to 3 days.