

# Bean Burgers

## Background

These burgers, made from kidney beans, are healthy and full of flavour. They can be frozen in advance and reheated for a quick, easy meal. They are especially popular with children when a variety of toppings are available to choose from – shredded lettuce, baby leaf spinach, sliced tomatoes, hot chilli salsa, tomato ketchup, mayonnaise, cooked onions and mustard.

## High in protein and fibre

Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	113	Energy	127.4 kcal
		Fat	2.2 g
Secondary, 11-18 yrs	151	SatFat	0.3 g
		Carb	22.1 g
		NMES	0.2 g
		Fibre	4.6 g
		Prot	6.3 g
		Iron	1.8 mg
		Calc	66.3 mg
		Vit A	12.2 µg
		Fol	15.1 µg
		Vit C	0.7 mg
Sodium	589.2 mg		
Zinc	0.6 mg		



**Time**  
40 minutes



## Method

- 1 Heat oil in a large saucepan, add the onions and garlic and stir. Cover and leave to cook over a moderate heat for 5 minutes, stirring occasionally. Remove from the heat.
- 2 Drain and mash the beans in a bowl.
- 3 Add the oats, soy sauce and onion/garlic mix and knead well by hand.
- 4 Form the mixture into burgers and coat with the dried breadcrumbs.
- 5 In a lightly oiled skillet cook the burgers on both sides until browned over a high heat (approx 4-5 minutes each side).
- 6 Reduce the heat to low and cook for a further 3 minutes each side to ensure the burgers are cooked through.

## Ingredients

	6	12	24	48
<b>Primary portions</b>	<b>6</b>	<b>12</b>	<b>24</b>	<b>48</b>
<b>Secondary portions</b>	<b>4</b>	<b>8</b>	<b>16</b>	<b>32</b>
onions, chopped	100g	200g	400g	800g
garlic, peeled and crushed	10g	20g	40g	80g
kidney beans, drained and rinsed	950g	1900g	3800g	7600g
rolled oats	60g	120g	240g	480g
soy sauce	26g	52g	104g	208g
breadcrumbs, homemade	100g	200g	400g	800g
chilli powder (optional)	3g	6g	12g	24g
vegetable oil	13g	26g	52g	104g



## Serving suggestion

Serve in burger baps with thinly shredded lettuce, baby leaf spinach and slices of tomatoes.