



Bean burger bar

Equipment

- Large bowl
- Potatoe masher (or fork)
- Garlic crusher (or knife)
- Spoon
- Baking tray
- Oven or barbeque (or hob and frying pan)
- Tin opener (optional)

Ingredients

- Tinned beans (cannellini, borlotti, kidney, or mixed beans)
- Garlic
- Cooked root vegetables
- Spices
- Egg (or flour)
- Buns
- Oil

Method

This recipe won't necessarily make enough burgers for everyone to have a whole one – people can cut them up and share.

- Drain and wash the tinned beans.
- Mash the means in a bowl with a potato masher or a fork.
- Add cooked root vegetables (such as carrot, sweet potato, and potato) to the mashed beans. The easiest way to quickly cook the vegetables is to dice them then cook them in the microwave with a little water.
- Once the vegetables are cool, mash them into the mixture.
- Crush garlic (or an adult can finely chop it). Add it to the mixture along with spices such as cumin, paprika, or pepper. You can taste it to see if you want to add a little more of anything.
- Add a little beaten egg to bind the mixture, until it feels a bit like playdough. Don't taste the mixture once you've added egg.
- Take a bit of the mix and roll it in to a ball in your hands. Put the ball on a greased baking tray and press it down so it's a burgder shape, then drizzle with oil.
- An adult should bake in a medium hot oven for 20 minutes, or on a barbeque until golden brown and hot in the middle.

Make it allergy friendly

If anyone's allergic to egg, or is vegan, use flour to bind the mixture instead. You could use gluten-free flour if you need to.

Top tip

The burgers may fall apart when they're cooked. Reducing the moisture (for example, drying vegetables on a paper towel before you mash them) may help keep them together.