**Ingredients**

**Homemade Bean Burgers**

*Have a go at this easy to make vegetarian alternative to burgers, which are low in sugar and a great source of protein.*

*This recipe has been taken from* ***The Sheffield Family Guide to Smart Sugar Swaps (Sheffield’s Sweet Enough 2020)***

* 2 x 400g tins of red kidney beans
* 1 small onion, peeled and chopped

**To serve….**

* Wholemeal bread buns
* Mixed salad
* 1 clove garlic, peeled and chopped
* 1 egg
* 1 carrot, grated
* 60g breadcrumbs
* 1 green pepper, chopped
* 1 tbsp of tomato puree
* 1 tbsp olive oil

**Method**

Preheat the oven to 200c/180c fan/gas mark 6

Drain the kidney beans then **** **mash** them in a bowl

**Cut** the pepper, garlic and onion and grate the carrot

Heat the olive oil in a frying pan and sauté the onion for three minutes. Add the garlic pepper and carrot and cook for a further five minutes.

Add the mashed beans, tomato puree, egg and breadcrumbs. **** **Mix** well.

 **Shape** into eight small or four large burgers.

Bake in the oven for 25 minutes or until golden and crisp.

**Symbols** and **words** show food skills that children (dependent on age and adult support) can do.

**mash   mix shape cut**

Let’s get Cooking!

Figure Lets get Active!