

# Bean Burgers

## Ingredients

Serves 4

1 small onion  
1 medium carrot  
A little olive oil  
1 clove garlic  
50g breadcrumbs  
400g can cannellini beans  
400g can red kidney beans  
1 tablespoon tomato puree  
1 teaspoon dried mixed herbs  
50g grated cheddar cheese



## Method

1. Peel the onion and cut it in half. Cut each half into slices, then cut the slices into small pieces. Peel and wash the carrot, cut off one of the ends then grate it.
2. Heat 1 tablespoon of oil in a frying pan. Add the onion and cook it for 5 minutes, stirring often. Add the grated carrot and crushed garlic to the pan.
3. Cook the carrot and onion for 2-3 minutes until they are soft. Turn off the heat.
4. Tip the cannellini beans and kidney beans into a colander over sink and rinse thoroughly.
5. Tip the beans into a bowl; add the tomato puree and herbs. Use the hand blender to make the mixture fairly smooth. Then add the breadcrumbs.
6. Add the carrot mixture and grated cheese to the bowl and mix everything together.
7. Divide the mixture into 8 lumps, roll lumps into a ball then flatten into a burger shape.
8. Gently fry the burgers in oil for 5 minutes then turn, fry on other side for 5 minutes until they are turning brown.