

# Bean Burgers

## Ingredients & Cost

### Prices are from Lidl Supermarket

- Tinned kidney beans - £0.30
- Tinned mushrooms - £0.39
- Eggs - £0.69 (for a 6 pack)
- Bread - £0.36 (for a loaf)
- Lettuce - £0.69 (optional)
- Salt and pepper (optional)

Burgers are a fantastic food for anyone as they can be personalised with any vegetables that you add, cheese, condiments, and even the type of bread. Based on your budget and tastes, you can have as much or as little to top your burger.

The total cost based on these prices is £2.43 for 6 burgers, 81p for each serving (2 burgers).

These bean burgers have at least 2 of your 5 a day and you can always add toppings to your burgers to make them healthier like lettuce, tomatoes, onions, and cucumbers. The beans are also a very good source of protein.

Timing: 30-40 minutes.

## Equipment

- Toastie machine
- Fork
- You can use a bowl, mug or plate to help mash the beans and mushrooms, but this can also be done in the can.

## Method

1. Drain the water from the kidney beans and mushrooms and using a fork, mash up the kidney beans. Break up the mushrooms and mash up the mushrooms as much as possible using the fork. Mix the beans and mushrooms together.
2. Add an egg to the bean and mushroom mixture and make sure it is all mixed together.
3. Rip up 2 slices of bread into very small pieces, so it looks a bit like breadcrumbs, and add it to the beans and mushrooms (stale bread can be used in this stage too). Add salt, pepper, and any other seasoning you have available to you. Mix everything up well.
4. Using your hands, shape the mixture into 6 burgers. Put the burgers on the toastie machine to cook them. After about 5 minutes, turn the burgers over using a fork so that they cook on the other side. Take the burgers out of the toastie machine after they are cooked on both sides (about 10 minutes in total).
5. Put the burger in bread of your choice and add any toppings like lettuce, tomatoes, or onions. Add any condiments like ketchup or mayonnaise if available.

