

Mexican Bean Burger Recipe

Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers made from meat. They are packed with goodness and really yummy!



Ingredients

Bean Burger:

- 2 400g cans of kidney beans (rinsed and drained)
- 100g of breadcrumbs
- 2 tsp of **mild** chilli powder
- Coriander (chopped leaves)
- 1 egg
- 200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce and tomato

Equipment

- 2 large bowls
- A potato masher
- A fork
- A baking tray
- A grill (to be used with help from an adult)



Hot! Hot! Hot!

Did You Know...?

Mexican food is often fiery with lots of spicy chillies!



Nothing New!

Did You Know...?

Mexican food dates back 9,000 years to the Maya people!

Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder, egg, salsa and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Add salt and pepper if you like, then mix everything together using a fork.
4. Now, wet your hands. Use your fingers to shape the mixture into six burgers.
5. Slide the burgers onto a non-stick baking tray.
6. With an adult's help, turn on the grill to a medium heat.
7. Grill the burgers for 4-5 minutes on each side.
8. Once cooked, place the Bean Burgers onto buns and add the sauce you have made.
9. Serve with salad.
10. Time to eat! Enjoy your delicious Mexican Bean Burger!

Mexican Bean Burger Sauce

While the burgers are cooking, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



Questions

1. What are Mexican Bean Burgers packed with? Tick **one**.

- fat
 meat
 goodness
 badness

2. What makes Mexican food fiery sometimes?

3. Only two of the following ingredients are correct. Tick the **two** that are correct.

- 6 400g cans of baked beans (rinsed and drained)
 100g of breadcrumbs
 2 tsp of mild chilli powder
 4 eggs

4. Number these steps to show the order that they should happen in. The first one has been done for you.

- With an adult's help, turn on the grill.
 Use your fingers to shape the mixture into six burgers.
 1 Place the kidney beans into a large bowl.
 Add salt and pepper if you like.
 Enjoy your delicious Mexican Bean Burger!

5. What should you do while the burgers are cooking?

6. Draw a line to join the food with the amount needed in the recipe.

lime	200g
fresh salsa	150ml
low-fat yoghurt	juice of half

7. Which part of the instructions do you think you would enjoy the most? Explain your answer.
