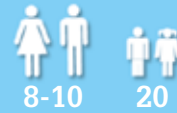


Veggie Burgers

Prep time: 60 mins including chilling Cooking time: 40 mins



Ingredients

- | | |
|---|--|
| 2 tablespoons sunflower oil | 1 tin / 300g / 10oz kidney beans, drained and rinsed |
| 2 leeks, sliced | 1 large handful grated cheese |
| 200g / 7oz mushrooms, sliced | 4 slices of granary bread, torn |
| 2 large carrots, grated | |
| 1 teaspoon chilli or curry powder or cayenne pepper | |
| 1 tablespoon low salt soy sauce | |



Method. Pre heat oven to 180°C / Gas Mark 4

- Heat half the oil (1 tablespoon) in a pan. Add the vegetables, seasoning and soy sauce, then cook for 10 minutes until soft
- Put vegetables into a food processor/hand blender with the beans, cheese and bread. Pulse into a thick paste - do this in two batches to make it easier
- With clean wet hands shape mixture into burgers. Chill for 30 minutes before cooking
- Place on lightly greased baking tray and cook for 30 – 40 minutes, turning once half way through
- See sides and delights section and snacks and light bites section for accompaniment ideas



Tip!

You can keep the burgers up to 2 days or freeze for up to 3 months between grease proof paper