

Recipes and Snack Ideas

Bean Burgers with Barbecue Sauce

(A New Favourite!!) Serves 6

Burgers:

- 1 can reduced sodium kidney beans (540 mL) or 2 cups cooked
- ½ cup chopped onion
- 1 tablespoon canola oil
- 1 cup bread crumbs (put about 2 slices of whole grain bread into blender)
- Black Pepper, to taste
- 3 whole wheat hamburger buns

Sauce:

- ½ cup ketchup
- ¼ cup warm water
- 2 tablespoons brown sugar
- 1 teaspoon mustard
- 1 clove garlic crushed

Procedure:

1. Drain and Mash beans
- Fry onion in oil
- Combine burger ingredients. Shape into patties (Chill to help them hold together)
- Combine sauce ingredients
- Fry each burger in a small amount of canola oil for 4-5 minutes per side
- Pour sauce over burgers while cooking
- Serve on buns
- Serve with homemade baked potato wedges and/or green beans. Have milk or water to drink.



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