

Kidney Bean Burgers

Savory burger patties made from kidney beans.

Work: 30 min | **Tags:** vegetarian | **Servings:** 6 × patty

1 Prepare Beans

Amount	Name	Note
530 g	Kidney Beans	530 g drained weight = two normal 400 g cans

- Drain the beans.
- Using a stick blender, blend them into a mash.

2 Make Dough

Amount	Name	Note
1 pcs	Onions	
1 tsp	Garlic Paste	
100 g	Cheese	<i>e.g. Emmentaler or Cheddar, or use vegan cheese for a vegan patty</i>
100 g	Breadcrumbs	
20 g	Chickpea Flour	
10 g	Balsamic Vinegar	
5 g	Salt	
—	Pepper	

- Finely dice the onion. Peel and finely dice the garlic. Shred the cheese.

- Add everything to the kidney beans, knead until combined into an even dough.

3 Fry Patties

Amount	Name	Note
—	Vegetable Oil	

- With dampened hands, form into patties.
- In a frying pan, fry with some oil until dark brown.

4 Serve

Amount	Name	Note
—	Cheese	<i>e.g. Emmentaler or Cheddar</i>

- Optionally, shortly before the patties are done, put a slice of cheese on each patty. Adding the cheese while still in the pan gives it a chance to melt a bit.
- Serve as burgers.

