

Kidney Bean Burgers

Savory burger patties made from kidney beans.

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

1 Prepare Beans

Amount	Name	Note
265 g	Kidney Beans	265 g drained weight = one normal can

- Drain the beans.
- Squash them in a bowl, e.g. using a fork.

2 Make Dough

Amount	Name	Note
1 pcs	Onions	
1 pcs	Garlic Cloves	
100 g	Cheese	<i>e.g. Emmentaler or Cheddar, or use vegan cheese for a vegan patty</i>
50 g	Breadcrumbs	
—	Balsamic Vinegar	
—	Salt	
—	Pepper	

- Finely dice the onion. Peel and finely dice the garlic.
- Mix everything into the kidney beans.

- Season with balsamic vinegar, salt and pepper to taste.

3 Fry Patties

Amount	Name	Note
—	Vegetable Oil	

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

4 Serve

Amount	Name	Note
—	Worcestershire Sauce	

- Brush the patties with the sauce.
- Serve as burgers.

