

# KIDNEY BEAN BURGERS

Serves: 4 | Preparation: 10 minutes | Total: 20 minutes

Difficulty: Easy



## INGREDIENTS

- 2 ½ cups cooked kidney beans (rinsed and drained)
- ½ cup whole wheat breadcrumbs (can substitute with rolled oats or crushed whole wheat crackers)
- 1 carrot peeled and chopped
- 1 teaspoon chili powder
- ½ teaspoon cumin

## INSTRUCTIONS

1. Preheat oven to 350 F.
2. Boil carrot pieces on a stove top in a pot of water on high for approximately 10 minutes or until tender and drain.
3. Mash kidney beans and carrot pieces together.
4. Add spices and breadcrumbs and stir well.
5. Form into 4 patties and bake on a parchment paper lined or greased baking sheet for 20 minutes. Serve plain or on a bun.

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Adapted from [spartan.com](https://spartan.com)