



Vegetarian Beanburgers – makes 8 full size burgers or 16 small

2 x 400g cans red kidney beans

2 x 400g cans butter beans

1 large onion

1 garlic clove

1 small tsp thyme

3oz fresh bread crumbs

2 tbs soy sauce

2 tbs lemon juice

Olive or Canola oil

Drain and rinse both beans

Finely chop onion and garlic, fry with thyme for 10 mins until soft.

Add beans and fry for a further 5 mins

Blend in food processor to for rough paste.

Stir beans, bread crumbs, soy and lemon juice.

Form into equal portions (makes 8 full sized burgers)

Cook on hot plate for 2-3 mins either side

Serve in wrap with salad and relish.