

Taste the Hills

Recipes and Tips

Spicy bean burgers (vegan)

Makes 8 - 10

As I am leaning towards store-cupboard recipes for those who are trying to avoid the shops, this is a good example of how to use beans and pulses which have been soaked and simmered. You can always freeze what you don't need immediately. But tinned is fine in a food processor.

2 tins of white beans (drained) or about a pint
jug full of cooked beans
2 onions, roughly chopped
oil
1 chilli, roughly chopped (or use chilli flakes)
1 tsp garlic paste
1 sweet pepper, trimmed and roughly chopped (from a jar is fine)

1 heaped tsp ground cumin
½ cup roasted peanuts
1 thick slice of bread, torn
1 tsp sesame oil
Some chopped ginger, stem or fresh
A little salt and pepper

Gently sweat the onion in oil until soft. Add the garlic, cumin and chilli. Cook for a minute.

Tip this and all the ingredients into a food processor and pulse till blended but still a bit knobbly.

Form into burgers and chill on a tray for half an hour or until ready to cook.

Fry over medium heat for about 8 minutes, turning half way.

Serve with rice and salad or in a burger bap.

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