

Mexican Bean Burger Recipe

Mexican cooking dates back to the Maya people who first lived in Mexico around 9,000 years ago. They ate some of the food we eat today but things have changed over time. Other foods have been added throughout the centuries, such as garlic and cheese, to create what we know as Mexican food today.



Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers which are made from meat. They are packed with goodness and mouth-wateringly yummy!

Here's what you'll need:

Ingredients

Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce and tomato

Equipment

2 large bowls

A potato masher

A fork

A baking tray

A grill (to be used with help from an adult)



Hot! Hot! Hot!

Did You Know...?

Mexican food is known for its fresh and sometimes fiery taste.



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Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Next, add the egg and salsa.
4. Sprinkle in a pinch of salt and pepper (optional) and mix everything together using a fork.
5. Now, wet your hands. Using your fingers, divide the mixture into six parts and shape them into burgers.
6. Slide the burgers onto a non-stick baking tray.
7. With an adult's help, turn on the grill to a medium heat.
8. Grill the burgers for approximately 4-5 minutes on each side.
9. Once cooked, place the Bean Burgers into their buns and add the sauce.
10. Serve with salad of your choice.
11. Time to eat! Enjoy your Mexican Bean Burger!

Nothing New!

Did You Know...?

The Maya people used many foods still used in Mexican cooking today, such as squash, corn, beans and chilli peppers.

Mexican Bean Burger Sauce

While the burgers are under the grill, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.

