



Beanie burgers Free Recipe 10042025

Description

Recipe

Beanie burgers

Turn a tin of kidney beans into a gently spicy and budget-friendly veggie burger that you can whip up in 20 minutes.

If you have any leftover mashed potato feel free to use that instead of boiling and mashing another potato.

To make fresh breadcrumbs without a food processor, freeze the bread until solid and then grate.

You can use the same frying pan to toast the buns as you use to cook the burgers as they don't take long.

In August 2023 this recipe was costed at an average of £3.11 when checking prices at four UK supermarkets. This recipe is designed to be made in conjunction with a low-cost store-cupboard, for more details

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 1 large potato (about 285g/10oz), peeled and cut into large chunks 1 small red onion, finely chopped 3–4 ripe tomatoes, sliced shredded iceberg lettuce Tins, packets and jars 400g tin red kidney beans, drained and rinsed ½ tsp dried chilli flakes sauces of your choice, such as mayonnaise, mustard or ketchup (optional) Cooking ingredients 1 tsp salt 1 tsp ground cumin 1 slice bread (about 65g/2¼oz), blitzed to crumbs (see recipe tip) 3–4 tbsp vegetable oil

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

[Book Novotel Hotel](#)

<https://www.youtube.com/watch?v=hfBOaxcuPpw>

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