



Giant Burgers

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Yield: 6 mini slider patties

INGREDIENTS

2 cans (15.5 ounces each)
red kidney beans, rinsed
and drained
1 medium carrot, peeled
and shredded (about 1/2
cup)
1 tsp. chili powder
1 tsp. dried oregano
3/4 cup dried gluten-free
breadcrumbs or quinoa
2 large eggs, lightly beaten
Coarse salt and freshly ground pepper
3 tbsp. refined coconut oil



OPTIONAL TOPPINGS

Slider buns, romaine lettuce leaves, sliced avocado, sliced red onion, Greek yogurt, ketchup, mustard.

METHOD

- Lightly mash beans in a large bowl, leaving some whole. Add carrot, chili powder, oregano, breadcrumbs, and eggs. Season generously with salt and pepper; stir until thoroughly combined.
- Divide mixture into 6 portions and form into patties.
- Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add patties and cook undisturbed for 10 to 12 minutes, until bottom forms a brown crust and most of oil is absorbed.
- Flip patties and add remaining 1 tablespoon of oil to pan, swirling to coat bottom. Cook undisturbed for 8 to 10 minutes, until browned on other side and heated through. Serve on buns with optional toppings.

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