

## Beef Burger

150g beef mince  
1 slice bread  
 $\frac{1}{2}$  onion  
1tsp tomato puree  
 $\frac{1}{2}$  tsp mixed herbs



## Method

- Preheat the oven to 200°C / Gas 6.
- Process the bread into crumbs.
- Finely dice the onion.
- Place the mince, bread, onion, herbs and tomato puree into a bowl.
- Mix well.
- Divide the mixture into two and shape into patties.
- Bake in the oven for 20 mins.
- Serve in a burger bun.

## Bean Burger

200g (1/2 tin) kidney beans  
 $\frac{1}{2}$  onion  
 $\frac{1}{2}$  medium chilli  
1 slice bread  
1 tsp chilli powder  
 $\frac{1}{2}$  tsp mixed herbs



## Method

- Preheat the oven to 200°C / Gas 6.
- Process the bread into crumbs.
- Dice the onion.
- Place the beans, bread, onion, herbs, chilli and chilli powder in the food processor.
- Process into a coarse paste.
- Divide the mixture into three and shape into patties.
- Bake in the oven for 15 - 20 mins.
- Serve in a burger bun.