My Whole Food Life

KIDNEY BEAN VEGGIE BURGERS
(Nándor Barta) (8 servings) (adapted)

Ingredients

- 2 cups cooked kidney beans or 1 can kidney beans, drained and rinsed
- 1 cup cooked brown rice
- 1 cup shredded carrots
- 1/2 cup ground pecans
- 2 cloves garlic, minced
- 2-3 T water
- 1 “flax egg”*
- Sea salt to taste

Instructions

1. In a large bowl, combine all the ingredients.
2. Use a potato masher to mash the mixture slightly.
3. Form into burgers and place on a lined baking sheet.
4. Bake at 350 for 15-18 minutes.

*Flax egg: Whisk together 1 tbsp ground flaxseed with 3 tbsp warm water. Put in the fridge for 1 minute to allow it to thicken before using.

Recipe note: These should keep in the fridge for at least 4 days. You can also freeze them for up to 3 months.

Kidney beans are pulses (dried beans). The United Nations promotes consumption of pulses.

- The UN cares about pulses because they are good for the environment, and can help feed the world. Pulses have a lower carbon foot print when compared with almost any other food group. Very little water is needed to grow them and they can be grown just about anywhere. They enrich the soil where they grow, reducing the need for chemical fertilizers.
- Pulses are affordable to almost anyone. One serving of lentils costs just 10 cents compared with a serving of quinoa which is 59 cents. Beef comes in very high at $1.49/serving!
- Pulses are very versatile. You can use them in both sweet and savory dishes.
- Pulses are considered a superfood because they are nutritional powerhouses. They are high in protein, fiber, vitamins and minerals. Studies have shown that pulses can help reduce heart disease and diabetes. Pulses are naturally gluten free and vegan.







My Whole Food Life is the website of Melissa King and Marcus King. Some of the recipes do use oil or processed foods but many of those can be adapted. This is a site for “homemade healthy versions of unhealthy foods.”

MY WHOLE FOOD LIFE
Healthy food can be delicious!