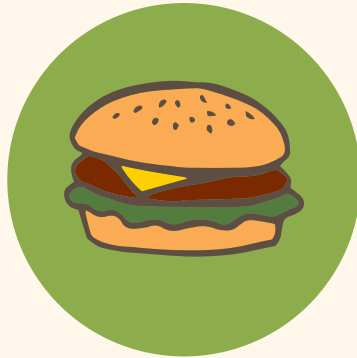


# NCFC'S KIDS CLUB MEAL KIT: VEGGIE BURGERS



**NELSON**  
community food centre

# VEGGIE BURGERS

## INGREDIENTS:

- 1 can of black beans/pinto beans
- 3 TBSP tomato paste
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 2 tbsp flour
- 1/2 cup of diced cooked veggies of choice.

## INSTRUCTIONS:

- Set oven to 375 degrees.
- Mash the beans either with a potato masher or in a food processor.
- Mix the rest of the ingredients in with the beans, mash up according to how you like the texture of your burger to be.
- Add More flour if the burgers seem too 'wet'.
- Place burgers on parchment paper on cookie sheet and bake for 20 minutes, flipping half way through.
- Top burgers with cheese, sauces, lettuce, tomatoes and pickles, or however you enjoy your burgers!

