

# Mexican Bean Burger Recipe

Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers made from meat. They are packed with goodness and really yummy!



## Ingredients

### Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

### Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce and tomato

## Equipment

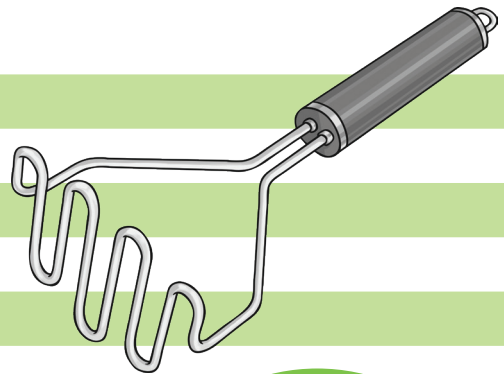
2 large bowls

A potato masher

A fork

A baking tray

A grill (to be used with help from an adult)



**Hot! Hot! Hot!**

**Did You Know...?**

Mexican food is often fiery with lots of spicy chillies!



**Nothing New!**

**Did You Know...?**

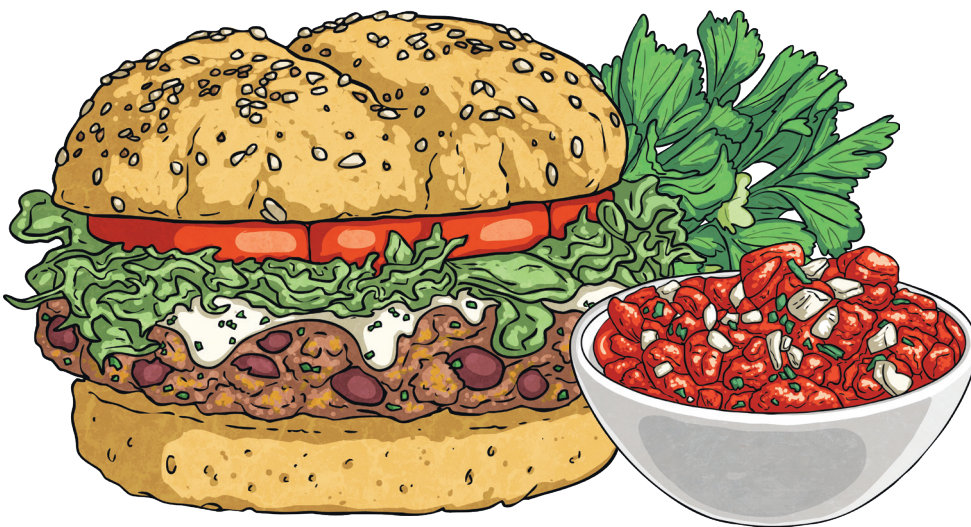
Mexican food dates back 9,000 years to the Maya people!

## Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder, egg, salsa and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Add salt and pepper if you like, then mix everything together using a fork.
4. Now, wet your hands. Use your fingers to shape the mixture into six burgers.
5. Slide the burgers onto a non-stick baking tray.
6. With an adult's help, turn on the grill to a medium heat.
7. Grill the burgers for 4-5 minutes on each side.
8. Once cooked, place the Bean Burgers onto buns and add the sauce you have made.
9. Serve with salad.
10. Time to eat! Enjoy your delicious Mexican Bean Burger!

### Mexican Bean Burger Sauce

While the burgers are cooking, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



# Questions

1. What are Mexican Bean Burgers packed with? Tick **one**.

- fat
- meat
- goodness
- badness

2. What makes Mexican food fiery sometimes?

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3. Only two of the following ingredients are correct. Tick the **two** that are correct.

- 6 400g cans of baked beans (rinsed and drained)
- 100g of breadcrumbs
- 2 tsp of mild chilli powder
- 4 eggs

4. Number these steps to show the order that they should happen in. The first one has been done for you.

- With an adult's help, turn on the grill.
- Use your fingers to shape the mixture into six burgers.
- 1 Place the kidney beans into a large bowl.
- Add salt and pepper if you like.
- Enjoy your delicious Mexican Bean Burger!

5. What should you do while the burgers are cooking?

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6. Draw a line to join the food with the amount needed in the recipe.

lime ●

● 200g

fresh salsa ●

● 150ml

low-fat yoghurt ●

● juice of half

7. Which part of the instructions do you think you would enjoy the most? Explain your answer.

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# Answers

1. What are Mexican Bean Burgers packed with? Tick **one**.

- fat  
 meat  
 **goodness**  
 badness

2. What makes Mexican food fiery sometimes?

**Mexican food is sometimes fiery because it uses spicy chillies.**

3. Only two of the following ingredients are correct. Tick the **two** that are correct.

- 6 400g cans of baked beans (rinsed and drained)  
 **100g of breadcrumbs**  
 **2 tsp of mild chilli powder**  
 4 eggs

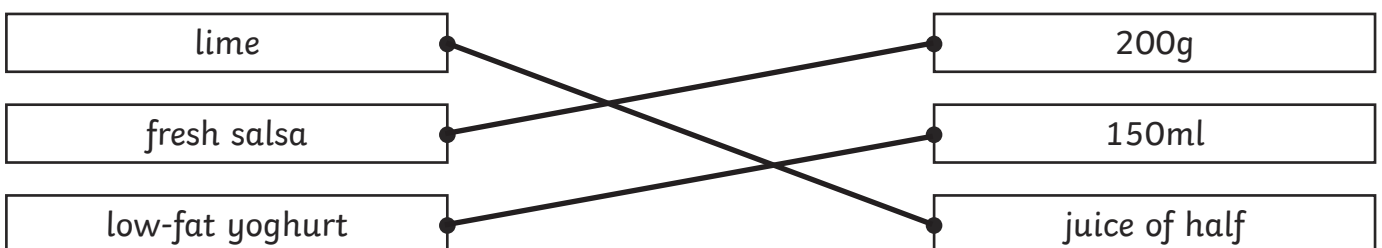
4. Number these steps to show the order that they should happen in. The first one has been done for you.

- 4** With an adult's help, turn on the grill.  
 **3** Use your fingers to shape the mixture into six burgers.  
 **1** Place the kidney beans into a large bowl.  
 **2** Add salt and pepper if you like.  
 **5** Enjoy your delicious Mexican Bean Burger!

5. What should you do while the burgers are cooking?

**Mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.**

6. Draw a line to join the food with the amount needed in the recipe.



7. Which part of the instructions do you think you would enjoy the most? Explain your answer.

**Pupils' own responses, such as: I think I would enjoy shaping the mixture because it would be fun to stick your hands in and get messy.**

# Mexican Bean Burger Recipe

Mexican cooking dates back to the Maya people who first lived in Mexico around 9,000 years ago. They ate some of the food we eat today but things have changed over time. Other foods have been added throughout the centuries, such as garlic and cheese, to create what we know as Mexican food today.



Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers which are made from meat. They are packed with goodness and mouth-wateringly yummy!

Here's what you'll need:

## Ingredients

### Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

### Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce and tomato

## Equipment

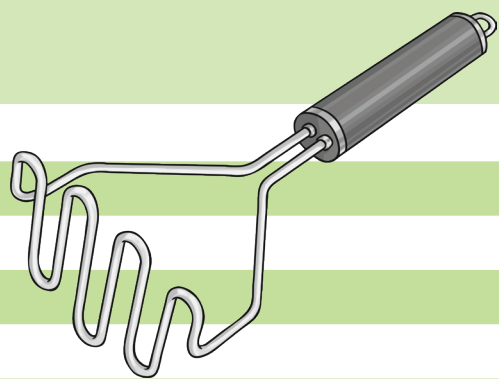
2 large bowls

A potato masher

A fork

A baking tray

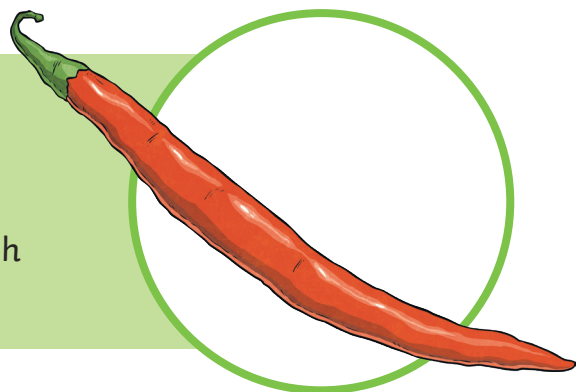
A grill (to be used with help from an adult)



**Hot! Hot! Hot!**

**Did You Know...?**

Mexican food is known for its fresh and sometimes fiery taste.



## Mexican Bean Burger Recipe

### Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Next, add the egg and salsa.
4. Sprinkle in a pinch of salt and pepper (optional) and mix everything together using a fork.
5. Now, wet your hands. Using your fingers, divide the mixture into six parts and shape them into burgers.
6. Slide the burgers onto a non-stick baking tray.
7. With an adult's help, turn on the grill to a medium heat.
8. Grill the burgers for approximately 4-5 minutes on each side.
9. Once cooked, place the Bean Burgers into their buns and add the sauce.
10. Serve with salad of your choice.
11. Time to eat! Enjoy your Mexican Bean Burger!

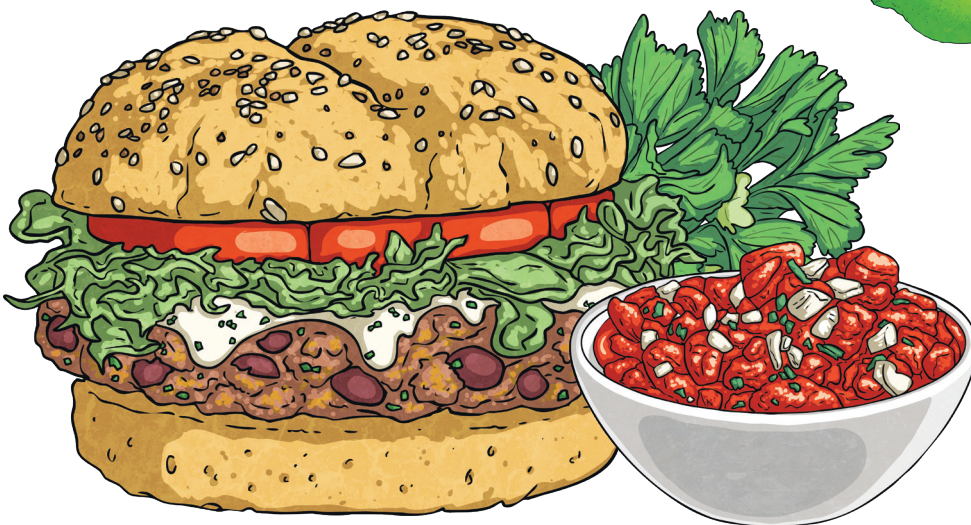
### Nothing New!

### Did You Know...?

The Maya people used many foods still used in Mexican cooking today, such as squash, corn, beans and chilli peppers.

### Mexican Bean Burger Sauce

While the burgers are under the grill, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



# Questions

1. According to the text, write **one** difference between Bean Burgers and regular meat burgers.  

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2. Which of these foods did the Maya people eat? Tick **two**.
  - burgers
  - corn
  - cheese
  - beans
3. Which of these ingredients do you need two teaspoons of for this recipe? Tick **one**.
  - kidney beans
  - breadcrumbs
  - mild chilli powder
  - salsa
4. Number these steps to show the order that they appear in the recipe. The first one has been done for you.
  - Sprinkle in a pinch of salt and pepper (optional).
  - Slide the burgers onto a non-stick baking tray.
  - Serve with salad of your choice.
  - With an adult's help, turn on the grill to a medium heat.
  - 1 Mash the kidney beans with a potato masher.
5. What important thing must you do when turning on the grill? Explain why this is important.  

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6. Which imperative verbs are used in the recipe? Tick **three**.
  - divide
  - half
  - sprinkle
  - wet

7. Explain why you think you would need to wet your hands before dividing the mixture into burgers.

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8. What should you do while the burgers are under the grill? In your answer, explain why this is a good time to do it.

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# Answers

1. According to the text, write **one** difference between Bean Burgers and regular meat burgers.

**Pupil's own responses, such as: Bean Burgers are healthy and don't have as much fat in them as burgers made from meat.**

2. Which of these foods did the Maya people eat? Tick **two**.

- burgers  
 **corn**  
 cheese  
 **beans**

3. Which of these ingredients do you need two teaspoons of for this recipe? Tick **one**.

- kidney beans  
 breadcrumbs  
 **mild chilli powder**  
 salsa

4. Number these steps to show the order that they appear in the recipe. The first one has been done for you.

- 2** Sprinkle in a pinch of salt and pepper (optional).  
**3** Slide the burgers onto a non-stick baking tray.  
**5** Serve with salad of your choice.  
**4** With an adult's help, turn on the grill to a medium heat.  
**1** Mash the kidney beans with a potato masher.

5. What important thing must you do when turning on the grill? Explain why this is important.

**Pupils' own response, such as: You must get an adult's help when turning on the grill. This is because using gas or electric cookers can be dangerous and you can get burnt.**

6. Which imperative verbs are used in the recipe? Tick **three**.

- divide**  
 half  
 **sprinkle**  
 **wet**

7. Explain why you think you would need to wet your hands before dividing the mixture into burgers.

**Pupils' own responses, such as: I think wetting your hands would make the mixture easier to divide as it would help to separate it.**

8. What should you do while the burgers are under the grill? In your answer, explain why this is a good time to do it.

**Pupils' own response, such as: You must mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl to make the sauce. Doing this now is a good idea as you have time while the burgers are cooking.**

# Mexican Bean Burger Recipe

Mexican cooking is steeped in history and dates back some 9,000 years to the Maya civilisation. Over time, it has been influenced by countries from around the world, especially European nations such as Spain.

Today, Mexican food is known for its variety and richness in flavour, from tangy limes to spicy chillies!



Bean Burgers are a typical Mexican dish. They are a healthy alternative to burgers made from meat and are super-easy to make. Bean Burgers are naturally low in fat, packed with protein and mouth-wateringly delicious!

Here's what you'll need:

## Ingredients

### Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

### Served with:

Six wholemeal burger buns

Avocado, sliced

Red onion, sliced

Salad, such as lettuce and tomato

## Equipment

2 large bowls

A potato masher

A fork

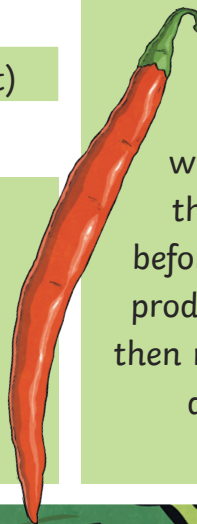
A baking tray

A grill (to be used with help from an adult)

A kitchen utensil, such as a fish slice

### Nothing New! Did You Know...?

The Maya people used many foods still used in Mexican cooking today, such as squash, beans, maize and chilli peppers.



### Spanish Influence Did You Know...?

When Spain invaded the Aztecs of Mexico in the 16<sup>th</sup> century, they brought with them lots of ingredients that Mexico had never seen before. Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.

## Mexican Bean Burger Recipe

### Method

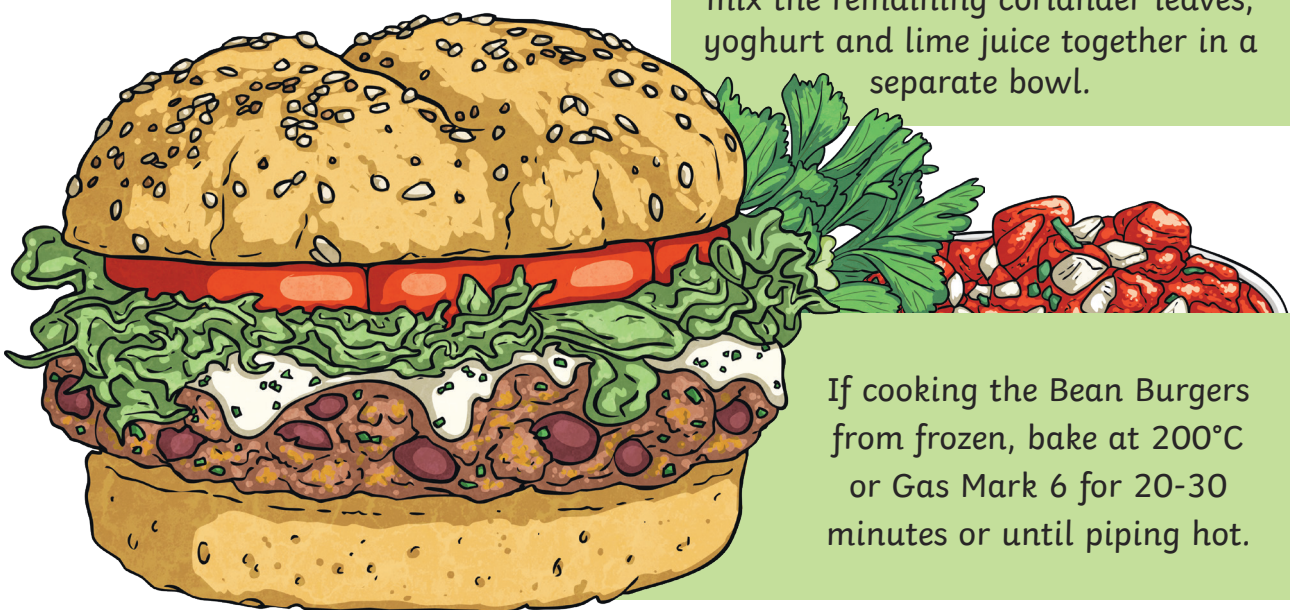
1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder and half of the coriander leaves into the bowl containing the mashed kidney beans.
3. Next, add the egg and salsa.
4. Sprinkle a pinch of salt and pepper (optional) and mix everything together using a fork.
5. Once the ingredients are blended, wet your hands and prepare to get messy! Using your fingers, divide the mixture into six (roughly equal) parts and mould them into burger shapes.
6. If you wish to, you can now freeze the burgers to use at another time.

Otherwise, slide the burgers onto a non-stick baking tray.

7. With an adult's help, turn on the grill to a medium heat.
8. Grill the burgers for approximately 4-5 minutes.
9. Using a utensil such as a fish slice, flip the burgers over and cook the other side for another 4-5 minutes or until golden and crisp.
10. Once cooked, place the Bean Burgers into their buns and add a generous dollop of sauce.
11. Serve with sliced avocado, onions and salad.
12. Time to devour! Enjoy your scrumptious Mexican Bean Burger!

### Mexican Bean Burger Sauce

While the burgers are under the grill, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



If cooking the Bean Burgers from frozen, bake at 200°C or Gas Mark 6 for 20-30 minutes or until piping hot.

# Questions

1. Tick **two** statements that are true. According to the text, Mexican cooking...

- goes back 10,000 years.
- has been influenced by Spain.
- had garlic and spices added to it in the 16<sup>th</sup> century.
- is known for its dullness in flavour.

2. Find and copy **two** adjectives used to describe the Mexican Bean Burgers.

1. \_\_\_\_\_
2. \_\_\_\_\_

3. Find and copy **one** fact and **one** opinion from the description.

**Fact:** \_\_\_\_\_

**Opinion:** \_\_\_\_\_

4. **Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.**

What similar word or phrase could the writer have used instead of **merged**?

\_\_\_\_\_

5. 2 tsp of **mild** chilli powder

Why do you think the word **mild** is written in bold in the recipe?

\_\_\_\_\_

6. **Once the ingredients are all blended, wet your hands and prepare to get messy!**

Explain what you think it will be like to carry out this part of the recipe.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Which word from the text describes the dollop of sauce added to the burgers? Tick **one**.
- delicious
  - generous
  - mouth-watering
  - scrumptious
8. If you made the Mexican Bean Burger, do you think you would enjoy eating it? Explain your answer below and include any changes to the recipe you might make.

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# Answers

- Tick **two** statements that are true. According to the text, Mexican cooking...
  - goes back 10,000 years.
  - has been influenced by Spain.**
  - had garlic and spices added to it in the 16<sup>th</sup> century.**
  - is known for its dullness in flavour.
- Find and copy **two** adjectives used to describe the Mexican Bean Burgers.  
**Accept any two of the following: healthy; super-easy; delicious; scrumptious.**
- Find and copy **one** fact and **one** opinion from the description.  
**Accept any one of the following answers as a fact: Mexican dish; healthy alternative to burgers made from meat; naturally low in fat; packed with protein.**  
**Accept any one of the following answers as an opinion: super-easy to make; mouth-wateringly delicious.**
- Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.**  
 What similar word or phrase could the writer have used instead of **merged**?  
**Pupils' own responses, such as: mixed; infused; put; combined.**
- 2 tsp of **mild** chilli powder  
 Why do you think the word **mild** is written in bold in the recipe?  
**Pupils' own responses, such as: The word mild is written in bold because it is stressing that it has to be the mild type. It is a warning not to get the hot chilli powder.**
- Once the ingredients are all blended, wet your hands and prepare to get messy!**  
 Explain what you think it will be like to carry out this part of the recipe.  
**Pupils' own responses (positive or negative) that show understanding of the step and pupils' own opinion, such as: It will be horrible as I hate getting my hands goeey. The mixture might stick to my fingers as well but it might be fun to shape the burgers.**
- Which word from the text describes the dollop of sauce added to the burgers? Tick **one**.
  - delicious
  - generous**
  - mouth-watering
  - scrumptious
- If you made the Mexican Bean Burger, do you think you would enjoy eating it? Explain your answer below and include any changes to the recipe you might make.  
**Pupils' own responses, such as: I think I'd love the Bean Burger, especially the sauce as I think the yoghurt and lime will make it zingy. I might leave out the avocado though as I don't like them. I also might add tomato ketchup!**