

Making 1 tin go further!

Cheesy Bean Burgers



Ingredients:

**1 tin of baked beans
1 cup of sweetcorn
4 tbsp self raising flour
1 handful of grated cheese
Half a finely sliced red onion**

Method:

Strain your baked beans in a sieve and then mash them a little (they don't need to be fully broken down, just partially).

Add the mashed beans to a bowl along with the other ingredients and mix thoroughly.

Wet your hands and divide the mixture into 4. Shape each portion into a burger patty.

Shallow fry the patties on both sides until crispy and golden (don't try and flip them too early, let the crust form first - they're ready to flip when you can easily slide them in the pan).

Once cooked, pop them on some kitchen towel to absorb the excess oil and they're done.

That's it!

Serve!

**Don't forget to tag me on Instagram
@_myfirstmeals
Happy Cooking!
Grace x**