

“Taste of Health” with Graham Kerr

The Patient
Channel®

Garden Burgers

Directions

In the bottom of a pan place a finely chopped onion with 1 teaspoon of oil.

Stir in 1 tablespoon of curry powder – mild

Let the mixture simmer for 3 to 4 minutes over heat.

Next put the mixture into a food processor. Add:

4 tablespoons of raisins

2 tablespoons of parsley

1 tablespoon of fresh lemon juice

Add a 14 ½ ounce can of kidney beans, drained and washed

Mix in the food processor

Then put the mixture from the food processor into 1 cup of cooked brown rice.

Note: Do not put the rice into the food processor or it will ruin the burgers.

After the mixture is well blended, form it into patties. Grill them, then place them on a bun, add a dusting of salt and pepper, lettuce and tomato”