

Ideas for meatless meals! Eggs , fish, *Beyond Meat* or try this

BEAN BURGERS

2 cups cooked beans [lentils, black beans, etc] (Best slightly overcooked or tinned; note 1 19 oz tin = 2 cups beans)

1 carrot, diced

1/4 onion, diced

1 Tb herbs*

½ cup bread crumbs or ground almonds or cooked grain

sea salt to taste

toasted nuts or seeds

to bind: 1 beaten egg [optional]

1. Mash beans
2. Mix ingredients together and form patties or small balls
3. Fry or bake at 350 until browned [approx 30 mins]

***HERBS:** *lentil, black, aduki:* coriander, cumin, ginger

black, lentil, kidney: sage, thyme, oregano

lentil, garbanzo, split pea: dill, basil

pinto, kidney: fennel or cumin