



healthy bean patties

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Ingredients

- 1 can pinto beans
- 1 can green lentils
- 2 cups cooked rice
- half an onion chopped small
- small cup of fresh or frozen green peas
- handful spinach leaves
- handful of fresh coriander
- handful of mixed seeds (e.g. sesame, sunflower, hemp)
- teaspoon of garlic powder
- teaspoon crushed chillies
- teaspoon tomato paste
- salt and pepper to taste

Instructions

1. mix all ingredients in a large flat pan
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2. cook for about 20 minutes, continuously mixing so that the beans and lentils become soft and paste-like
 3. while the mixture is still warm - form small handfuls into patties and set aside to cool
 4. Can serve warm or cold, with maybe a coriander yoghurt dip.