

Chickpea Burgers

Mashed and pan-fried chickpeas, also known as garbanzo beans, make a delicious veggie burger.

Yield 4 burgers

Time 20 minutes

Tools

- frying pan
- wooden spoon
- large bowl
- potato masher or food processor
- small bowl
- spatula

Ingredients

- 2 T olive oil
- 1½ c onions, minced
- 3 cloves garlic, minced
- 1 t ground cumin
- 1 c carrot, finely chopped
- 1¾ c cooked and drained chickpeas
- 1½ T tahini or all natural peanut butter
- ¼ c parsley, minced
- 1/3 c rolled oats
- ½ t baking soda
- 1 t salt
- juice from ½ lemon

Directions **Heat** 1 T of oil and sauté the onions over medium heat, stirring frequently, until they soften, about 5 minutes. Add the garlic, cumin, and carrot and sauté for two more minutes.

Transfer to large bowl or food processor and add the chickpeas. Mash or process until mushy. Stir in tahini and parsley.

Combine the rolled oats, baking soda, and salt in the small bowl, then stir into chickpeas.

Flour your hands, shape mixture into four patties, and dust them with flour.

Fry in 1 T oil over medium-low heat for 1 minute, until just beginning to brown. Flip, fry 2 minutes, flip again, and fry 1 one minute (2 minutes total per side). Splash with a bit of lemon juice and serve. Top with hummus if desired