

# VEGAN CHICKPEA VEGGIE BURGERS



## INGREDIENTS

- 2 cups cooked chickpeas (garbanzo beans)
- 1 stalk celery (diced small)
- 1 carrot (grated)
- 1/2 onion (minced)
- 1/2 teaspoon garlic powder (or other seasoning)
- 1/4 cup flour
- Dash salt (or to taste)
- Dash pepper (or to taste)
- Vegetable oil (for frying)

## STEPS TO MAKE IT

If you're using fresh chickpeas, you can cook them a little past tender so they'll be easier to mash, but do be sure to drain them well. If you're using canned chickpeas or garbanzo beans, drain well and give them a quick rinse.

First, mash the cooked chickpeas in a large bowl using a potato masher or a large fork until nearly all mashed. You can leave a few little lumps. You could also use a blender or a food processor to prepare this recipe, but hand mashed is best since the mixture will be fairly thick.

Next, mash in the celery, carrot, onion, garlic powder or other seasoning and the flour, and season well with sea salt or kosher salt and a bit of black pepper.

Once your ingredients are thoroughly mashed, heat a bit of oil in a skillet, or, you can use a lightly-greased grill pan for this.

Form your mixture into patties and lightly pan-fry for 3 to 4 minutes on each side until golden brown

*Serve and enjoy.*