

# CHICKPEA VEGGIE BURGERS

AUTHOR: DERYN MACEY   PREP TIME: 10 MINS   COOK TIME: 10 MINS  
TOTAL TIME: 20 MINUTES   YIELD: 6-8 BURGERS    CATEGORY: MAIN DISH  
METHOD: STOVETOP   CUISINE: AMERICAN   DIET: VEGAN

*These easy to make veggie burgers are bursting with flavour and make an excellent alternative to store-bought versions. Try them on the BBQ for a delicious meal perfect for a summer afternoon.*



4.9 FROM 214 REVIEWS

SCALE

## INGREDIENTS

1 19 oz can (2 cups) chickpeas, drained, well-rinsed and mashed  
1/2 red onion, finely diced (50 g, approx. 1/3 cup)  
1 small zucchini, grated (100 g, approx. 1 cup lightly packed)  
3 tbsp (15 g) finely chopped fresh cilantro  
3 tbsp (45 mL) red wine vinegar  
1 tbsp (15 mL) Sriracha sauce  
2 tbsp (30 g) peanut butter  
1 tsp cumin  
1 tsp garlic powder  
2 tsp black pepper  
1/2 tsp sea salt  
1 cup (100 g) quick oats (gluten-free if needed)  
2 tbsp (30 ml) extra virgin olive oil

## INSTRUCTIONS

- 1 After draining and rinsing the chickpeas, place them in a bowl and mash them with a fork or pulse a few times with an immersion blender.
- 2 Add all the other ingredients to the bowl and use your hands to mix very well.
- 3 Use your hands to shape the mixture into into 6-8 patties.
- 4 Cook on the BBQ at 400 F for approximately 10 minutes per side or heat 1-2 tsp oil in a nonstick pan over medium heat and cook the burgers for about 5 minutes per side until browned and firm. The patties can also be oven-baked at 400 F for 20-30 minutes, flipping half-way through.
- 5 Serve on a toasted bun with your favourite burger toppings like lettuce, onion, tomato, ketchup and mustard.

## NOTES

Cooked burgers can be stored in the fridge in a sealed container for up to 4 days or frozen in a container or freezer bag for up to 3 months. Leftovers can be enjoyed cold or reheated in a pan on the stovetop or in the oven for 10-12 minutes at 350 F until heated through.

Please review the post above the recipe for FAQs, tips and substitutions.

## NUTRITION

*Serving Size: 1, Calories: 202, Sugar: 1.5 g, Sodium: 400 mg, Fat: 10 g, Carbohydrates: 23 g, Fiber: 5.5 g, Protein: 7 g*

***Find it online: <https://runningonrealfood.com/chickpea-veggie-burgers/>***