

Mom H's Chick Pea Burgers

Description

½ cup cooked garbanzo beans/ chick peas
½ cup water
½ cup walnuts or pecans or cashews
1 cup uncooked rolled oats
1 medium onion, minced
2 Tbsp chicken flavoured powder
½ tsp sea salt
½ dried sage
1 Tbsp soya sauce
1 medium onion, minced

Blend chick peas and water in blender until smooth. Finely grind nuts. Add remaining ingredients and nuts to chick pea/water mixture. Mix well and let stand 1/2 hour. Form into patties. Brown on both sides in skillet

Ingredients

Instructions

Summary

Yield: 6

Prep Time: 45 minutes

Category: Main Dish