

# 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

## Summary

**Yield:** 6

**Prep Time:** 45 minutes

**Category:** Main Dish

## Ingredients

## Instructions