**Chickpea Veggie Burgers**

**Ingredients**

6.5 cups of chickpeas (canned or soaked)

2 green chili peppers – chopped (optional)

2 onions – chopped

2-3 cloves of garlic

1 piece of ginger – chopped

1 cup blended and cooked tomatoes

3 tbs. oil of your choice

1 tsp. cumin seeds

1 tsp. salt

½ tsp. pepper

½ tbs. coriander powder

½ tsp. chili pepper

1 tsp. cumin seed powder

1 tsp. turmeric powder

3 slices of bread – torn apart for binding

**Instructions**

1. Preheat oven to 350 F.
2. Heat oil and cumin seeds in a pan. Once browned, add onion and garlic and simmer.
3. Once onions are cooked to desired texture, add ginger and green chili peppers. Simmer.
4. While the onion mixture is simmering, add the chickpeas to a food processor and blend to desired consistency.
5. Add spices, and stir. Cook for a few minutes (peppers should still be a vibrant green).
6. Add the blended tomatoes.
7. Combine onion mixture to chickpeas and mix well.
8. Add the torn bread for binding.
9. Shape into burgers and bake for 30 minutes flipping halfway through. Adjust time based on how crispy you’d like your patties.

Yields: 28 patties

\*Patties will last in the freezer to be used later