

Chickpea burgers

by Sarah Bond

Who says a burger needs meat to be satisfying? These chickpea burgers are hearty, flavorful, and 100% plant-based, because the best meals are the ones that are kind to every animal. Packed with protein and bold flavor from sun-dried tomatoes and smoky spices, they're proof that eating with compassion never means sacrificing deliciousness.

Ingredients

- 2 15-oz cans chickpeas
- 1/2 cup sun-dried tomatoes
- 1/2 medium red onion, diced
- 4 cloves garlic
- 1/4 cup Italian flat-leaf parsley, thick stems removed
- 1/2 cup flour
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/2 tsp pepper

Instructions

1. Drain and pat the chickpeas dry with paper towels.
2. Add sun-dried tomatoes, onion, and garlic to a food processor and blitz until broken down. Add chickpeas and blitz again briefly. Add remaining ingredients and pulse until just combined. Cover and chill for at least one hour.
3. Scoop and shape the chilled dough into patties.
4. Cook until golden brown and firm on the stovetop, grill, or in the oven.
5. Serve on a bun with your favorite toppings and condiments.