

YIELD: 6 BURGERS

## Easy chickpea burgers

*Easy chickpea burgers come together quickly, are sturdy while cooking and have delicious flavor! Add your favorite toppings and use for burgers, wraps, on salads, or in grain bowls at lunch or dinner.*

**PREP TIME**

10 minutes

**COOK TIME**

10 minutes

**TOTAL TIME**

20 minutes



## Ingredients

- 2 (15 oz.) cans chickpeas, drained
- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro (can sub parsley)
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 large eggs (or flax eggs)
- 2/3 cup Panko breadcrumbs
- Canola oil, for cooking

**For serving:**

- Whole wheat burger buns, lettuce, tomato, etc.

**Topping ideas:**

- Tzatziki, hummus, pesto, avocado/guac, cheese, spicy mayo, ketchup, etc.

## Instructions

1. Combine the chickpeas, red onion, cilantro, garlic, cumin, paprika, salt and pepper in a large food processor. Pulse until everything is well combined and the chickpeas are broken down (but not mushy; you still want them a little chunky), scraping down the sides as needed.
2. Transfer the mixture to a large bowl. Add the eggs and Panko breadcrumbs and lightly mix until well combined.
3. Shape into 6 even burger patties. You can cover and refrigerate them for 20+ minutes at this point to help them firm up a bit or if you are prepping them ahead. Otherwise, proceed with the recipe.
4. Heat a large skillet over medium-high heat. Add 1 tablespoon of canola oil and let it heat up.
5. Working in batches, add 3-4 of the burger patties to the pan and cook for 5 minutes on the first side. Carefully flip the burgers and cook for another 5 minutes on the other side. (If any of your burger patties fall apart at all when you flip them, use your spatula to smush them back together.)
6. Remove the cooked burgers from the pan and repeat with the remaining burger patties.
7. Serve the chickpea burgers on whole wheat buns with desired toppings and burger fixings.

## Notes

You'll want to make sure you drain your chickpeas really well. If you are sensitive to sodium, you can rinse them as well.

When I have time, I like to refrigerate the assembled patties before cooking them. They set up a little more and stay together a little better. However, I've also cooked these immediately and they still held up great. If you do have one that starts to break apart in the pan, use your spatula to sorta reform it and smush it back together. That always works for me.

This recipe makes 6 burgers. It can be easily halved if you want fewer burgers but I love having the extras on hand for a lunch wrap or for freezing for later use.

Leftovers can be stored in the refrigerator for 4-5 days or in the freezer for up to 5 months. Reheat in a pan or in the microwave.

**Nutrition Information:** **YIELD:** 6 **SERVING SIZE:** 1 burger

*Amount Per Serving:* CALORIES: 451 TOTAL FAT: 21g SATURATED FAT: 4g TRANS FAT: 0g  
UNSATURATED FAT: 15g CHOLESTEROL: 70mg SODIUM: 681mg CARBOHYDRATES: 52g  
FIBER: 11g SUGAR: 5g PROTEIN: 17g

© Kathryn Doherty

**CUISINE:** American / **CATEGORY:** Vegetarian

<https://www.familyfoodonthetable.com/easy-chickpea-burgers/>