

HERBED SUN-DRIED TOMATO CHICKPEA BURGERS (GF)

Prep time	Cook time	Total time
2 hours	21 mins	2 hours 21 mins

Flavorful chickpea burgers infused with sun-dried tomatoes and fresh herbs. An easy, 10-ingredient plant-based entrée perfect on the stovetop or grill!

Author: Minimalist Baker

Recipe type: Entrée

Cuisine: Vegan, Gluten Free

Serves: 4-6



Ingredients

BURGERS

- 1 1/2 cup (300 g) dry (uncooked) chickpeas
- 1 cup (60 g) packed fresh chopped parsley or basil (basil for sweetness, parsley for bitterness)
- 1/2 cup (80 g) chopped white or yellow onion
- 6 cloves garlic (2 Tbsp, 12 g)
- 1/2 cup (55 g) sun-dried tomatoes, chopped
- 1 1/2 Tbsp (10 g) ground cumin
- 1/2 tsp turmeric
- 1 1/4 - 1 1/2 tsp each sea salt and black pepper (or sub a pinch of cayenne)
- 1-3 Tbsp (15-45 g) tahini (ground sesame seeds)
- Olive, grape seed or coconut oil for cooking

FOR SERVING *optional*

- Whole grain or gluten free buns
- Fresh parsley or basil
- Diced red onion
- [Garlic Dill Sauce](#)
- [Vegan Pesto](#)

Instructions

1. Rinse (uncooked) chickpeas in a fine mesh strainer and add to a large pot. Cover with 2 inches water and bring to a boil over high heat. Boil for 1 minute, then cover, remove from heat, and let set for 1 hour. Then drain and lightly rinse and dry thoroughly (method from the [Kitchn](#)).
2. In the meantime, add parsley or basil, onion, garlic, and sun-dried tomatoes to a food processor. Mix until well processed. Set aside.

3. Once the chickpeas are slightly cooled, add **half** to the food processor, along with cumin, turmeric, salt, pepper and tahini. Mix to combine thoroughly, scraping down sides as needed. Then add the rest of the chickpeas and blend until you have a dough that's close to a paste in consistency. This may take up to 4-5 minutes to fully incorporate all of the spices and herbs. Add more tahini or a bit of water if the mixture is looking too crumbly or dry.
4. Sample a small bit and adjust spices/salt/herbs as needed. Then cover and set in the refrigerator for 30 minutes - 1 hour to allow the flavors to meld and the texture to become more firm.
5. Remove from refrigerator and divide into 4-6 even patties and gently form into patties using your hands. If the burgers aren't holding together the mixture may need to be blended more thoroughly, or blended with a bit more tahini.
6. To cook, heat a large metal or cast iron skillet over medium/ medium-high heat (or cook on the grill!). Once hot, add enough oil to create a thin layer on the bottom of the pan and wait 1-2 minutes for the oil to heat up. Then place only as many burgers as will fit comfortably in the pan and cook 2-3 minutes on each side. Once the bottom side is evenly browned, flip gently as they can be fragile. Continue until all burgers are cooked. Adjust heat as needed if they're browning too quickly, or aren't cooking quickly enough.
7. These burgers are delicious on their own with garlic dill sauce or pesto and desired toppings. They're also great with a bun, but it isn't necessary! Alternatively, serve over greens, in pita, or enjoy as is!
8. To freeze, lay uncooked burgers on a plate or baking sheet and freeze. Once firm, transfer to a freezer safe container and freeze up to one month. Let thaw before cooking on the stovetop or grill.

Notes

*Recipe inspired by my [Sun-dried Tomato Arancini](#), and adapted from my [Classic Vegan Falafel](#).

*Nutrition information is a rough estimate for 1 of 6 burgers without buns or toppings.

Nutrition Information

Serving size: 1 of 6 patties without toppings/buns Calories: 306 Fat: 14.5 g Saturated fat: 1.9 g
Carbohydrates: 35.6 g Sugar: 6.3 g Sodium: 341 mg Fiber: 10.3 g Protein: 11.8 g

Recipe by Minimalist Baker at <http://minimalistbaker.com/sun-dried-tomato-chickpea-burgers/>