

Buffalo Chickpea Veggie Burgers (Modified)

<http://peasandcrayons.com/2016/09/buffalo-chickpea-veggie-burgers.html>

Total 25 mins

Ingredients

- 3/4 cup old-fashioned rolled oats
- 1/2 (15 oz) can of chickpeas, drained + rinsed
- 1 tbsp diced jalapeno
- 1/3 cup diced bell pepper
- 1/3 cup diced onion
- 1/4 cup shredded carrot
- oil to cook the burgers in
- 1/2 tsp garlic powder
- 1/2 tsp red pepper flakes
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 2 tbsp catsup
- 1 egg

Instructions

1. Mash chickpeas, combine with oats.
2. Dice bell pepper, onion, and jalapeno. Grate carrots.
3. Sauté onion, peppers, and carrot in oil until tender.
4. Add garlic powder, red pepper flakes, oregano, and salt.
5. Add the freshly sauteed veggies to your chickpea mixture, then add catsup and egg.
6. Stir to fully incorporate and roll mixture into four balls.
7. To shape your burgers, cup each ball in your hands and squeeze tightly, rotating as you gently, but firmly, press it into a disc using your thumb.
8. To help the burgers set, cover and refrigerate.

READY TO EAT?

1. Pour a tablespoon or two of oil in a skillet and heat to medium-high, so the burgers sizzle when you add them to the pan!
2. Cook for a few minutes on each side until you're left with a golden crust. and a warm center.