



GARDEN VEGGIE BURGERS

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INGREDIENTS

45 MINUTES 3 SERVINGS

- 1 zucchini
- 1 orange bell pepper
- 1 (15-ounce) can chickpeas
- 2 tbsp. brown rice flour
- 2 tbsp. chopped fresh chives
- 2 tbsp. chopped fresh basil
- 1/2 cup frozen peas
- 1/4 tsp. salt

TAGS

#glutenfree #healthy #oilfree #vegan



1

Gather ingredients. Preheat oven to 350.



2

Cut zucchini into large chunks. Seed and cut pepper into large chunks.



3

Drain and rinse chickpeas





4

For quick prep, shred zucchini, bell pepper, and chickpeas with the smallest opening of your food processor. You can also dice the veggies and chickpeas or chop with a food chopper.



5

Again, shred or chop your veggies and chickpeas into small pieces.



6

Combine shredded veggie chickpea mixture in a wide pan. Cover and cook over medium heat, just 5-7 minutes, until chickpeas are soft.



7

When mixture starts to brown and stick to the pan, you're ready.



8

Add the brown rice flour and cook just 1 minute, until you don't see any more white.



9

Remove veggie mix from the pan and transfer to a mixing bowl. Add the peas, basil, chives, and salt. Stir well to combine. Taste to adjust seasoning.





10

Scoop mixture out into burger shapes: 1/2 cup for full-sized burgers, 1/4-cup for sliders. Place about 1/2 inch apart on a pan lined with a nonstick baking pad or parchment paper. Bake at 350F for 30-40 minutes.



11

Flip about 20-25 minutes through cooking.



12

Serve with Roasted Red Potatoes and Apple Ketchup

