



Garbanzo Bean Burgers

Ingredients

1 (19-ounce) can garbanzo* beans

1 stalk celery, finely chopped

1 carrot, finely chopped

¼ cup whole wheat flour

salt and pepper to taste

2 teaspoons vegetable oil

vegetable oil spray

Makes 6 servings

*Also known as chickpeas

Instructions

1. Finely chop celery and carrot, set aside.
2. Drain and rinse beans, place in a large bowl and mash with potato masher.
3. Mix in reserved celery and carrots along with flour, salt, pepper, and oil, adding any optional ingredients at this time. Stir well to combine.
4. Form mixture into 6 burgers pressing firmly to compact mixture.
5. Cook burgers in a skillet sprayed with vegetable oil spray, on medium low heat. Cook 3-5 minutes on each side until golden brown.

Notes:

- Serve burgers alone, or on a bun. Freezes well after cooking.
- Add optional ingredients: ¼ cup sunflower seeds ,chopped walnuts, diced onion, chopped mushrooms, minced broccoli or bell pepper, if desired.
- May substitute white flour for whole wheat flour.

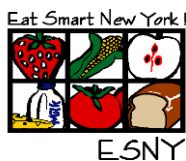
Nutrition Facts

Serving Size 1 burger	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 5g	
Vitamin A 40%	• Vitamin C 8%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

15% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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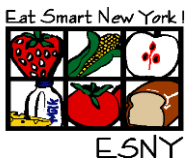
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