



Tavern-Style Chickpea Burger

Prep Time: 30 minutes
Cook Time: 10-12 minutes
Yield: 10-12 (5 oz patties)

INGREDIENTS

1 (15 oz) can chickpeas, drained (liquid reserved)
3 cups chickpeas, drained
4 cloves garlic
1 red onion, rough chopped
2 cups unsweetened granola or toasted oats
2 cups panko breadcrumbs
1 potato, peeled
¼ cup burger spice blend
2 tablespoons tomato paste
1–2 tablespoons reserved chickpea liquid (as needed)
1–2 tablespoons lemon juice or apple cider vinegar
1–2 tablespoons olive oil
¼ cup fresh parsley, chopped
1 teaspoon smoked paprika (if not included in spice blend)
1 teaspoon soy sauce or vegan Worcestershire (optional)

DIRECTIONS

1. Process granola (or oats) and panko breadcrumbs in a food processor until fine. Set aside.
2. Drain chickpeas, reserving liquid. Set aside 3 cups whole chickpeas.
3. In a food processor, combine garlic, red onion, burger spice, tomato paste, lemon juice (or vinegar), and soy sauce if using. Process until smooth with no large pieces remaining.
4. Add chickpeas to the processor 1 cup at a time, blending until smooth. Add reserved chickpea liquid 1 tablespoon at a time as needed to create a mixture that is soft and workable but not loose. Transfer to a large mixing bowl.
5. Grate potato on the fine side of a box grater and squeeze out excess moisture.
6. Add remaining whole chickpeas, grated potato, ground granola-panko mixture, olive oil, parsley, and smoked paprika (if needed) to the bowl. Mix thoroughly by hand until evenly incorporated.
7. Portion into 5 oz patties. If mixture feels soft, allow to rest 5–10 minutes before forming.

To Cook

1. Heat a lightly oiled skillet over medium heat. Cook patties 4–5 minutes per side until golden brown and heated through.
2. Alternatively, bake at 375°F for 15–18 minutes, turning halfway through.

Chef Notes

1. · Balance is everything: Acid (lemon/vinegar) cuts through the richness and wakes up the chickpeas.
2. · Texture matters: Whole chickpeas give that “burger bite” instead of a paste.
3. · Fat = flavor: Olive oil improves mouthfeel and helps carry seasoning.
4. · Granola swap tip: If using granola, make sure it’s unsweetened—this is savory, not breakfast



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Recipe adapted from:
Chef Mike Rabb