

## Recipe – Veggie Burgers

### Ingredients:

- 3 cans garbanzo beans or white cannellini, drained (about 45 ounces)
- 5 eggs
- ½ tsp sea salt
- one box alfalfa sprouts
- 4 cloves garlic, crushed
- 1 onion, minced
- 2 red peppers, minced
- ½ cup cilantro, minced
- 2 carrots, shredded
- 1 cup almonds, chopped fine
- ½ cup gluten free flour
- zest of one large organic lemon (skip it if you can't get organic)
  
- olive oil for cooking
- a little gluten free flour for handling the dough
- hot sauce or salsa

### Directions:

Sauté the minced onion and peppers in olive oil.

Process the beans until coarsely pureed, should not be all the way smooth.

Beat the eggs and add to the beans in a large mixing bowl.

Stir (don't process) in the rest of the ingredients and blend well.

Heat a little olive oil in a skillet on medium.

Flour your hands to make it easier to form burgers. Make about 12 – 14 burger-sized portions, flouring the palms of your hands between each.

Cook them in the olive oil until golden.

Can be served with a hot sauce, fresh salsa or arugula pesto.

Serves 6 or 7