



### Harvest Veggie Burgers

We will be making curry flavored veggie burgers. If you do not prefer curry, you can use [Southwest seasoning](#) or your favorite chopped herbs. Shape the burgers and cook as many as you want to eat and freeze the rest to cook another time.

#### Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

Makes 8 burgers

1 15 ounce can garbanzo beans, drained

1 15 ounce can black beans, drained

3 large eggs

1 teaspoon coarse salt

2 Tbs soy sauce

2 tablespoons mild curry paste, or 1 tablespoon curry powder (Patak's is available at most grocery stores in the Asian food section)

¾ cup frozen peas or shelled edamame, thawed

1 cup shredded zucchini or carrots

1/3 cup chopped cilantro

½ cup chopped scallion, about 1 bunch

1 ½ cup Panko breadcrumbs (regular, unseasoned bread crumbs are fine too)

¼ cup olive oil

¼ cup mayonnaise

1 tsp curry paste

Whole grain buns, lettuce, and sliced tomato for serving.

#### Equipment for class

Food processor or immersion blender-if you don't have either, plan to chop up the burger ingredients

Large bowl

4-ounce ice cream scoop

Baking pan

Large skillet

Metal spatula

Small bowl

#### Directions

1. Preheat the oven to 350 degrees.
2. Combine the garbanzos, eggs, salt, soy, and curry powder or paste in a food processor. Puree until the mixture is the consistency of a very thick, slightly chunky hummus.
3. Pour chickpea mixture into a mixing bowl and stir in the peas, zucchini, cilantro, scallion, and breadcrumbs. I like to use a 4-ounce ice cream scoop to make my patties. Pack the mixture into the scoop firmly and release onto a baking pan. Press gently to a thickness of about 1 ½ inch.
4. Heat 2 Tbs of the oil in a heavy skillet over medium heat. Add 4 patties and cook 3-4 minutes, until the bottoms begin to brown. Turn the patties and cook the second side until golden, another 3-4 minutes. Remove from the skillet and place on a baking sheet. Repeat until all the burgers are browned. Cook in the oven for 8 minutes. Serve hot on a whole grain bun with curried mayonnaise and fixings.
5. Combine the mayonnaise and 1tsp curry paste. Serve spread on burgers.