

Garbanzo Bean Sliders

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

| Ingredients | Quantity | Measure |
|--|----------|-----------------------|
| Onion, diced small | 1 | cup |
| Fresh garlic, minced | 1/8 | cup |
| Garbanzo beans | 1 | 15-ounce can |
| Walnuts | 1/4 | cup |
| Cilantro | 1 | tablespoon |
| All-purpose flour | 1/2 | cup |
| Cumin | 1/4 | teaspoon |
| Olive oil, divided | 1/2 | cup |
| Salt | 1 | teaspoon |
| Pepper | 1 | teaspoon |
| Homemade focaccia bread (see recipe) Or slider buns | 1 | Recipe or slider buns |

Preparation

1. Sweat onions and garlic until soft.
2. Drain garbanzo beans and process in food processor until broken. (Do not over process)
3. In a medium bowl, combine the process garbanzo beans, cooked onions and garlic, walnuts, cilantro, flour, cumin, oil, salt and pepper. Mix until completely combined.
4. Form 9 patties from the garbanzo bean mixture.
5. Put 1/4 cup oil on griddle and heat.
6. Once oil is hot, cook patties until golden brown, approximately 5-7 minutes on each side.

