BBQ Chickpea Burgers

Recipe by AfroVegan Society

Makes 6 Burger Patties | Ready in 40 minutes

Cooking Supplies Needed

- 1 cup measuring cup
- ½ cup measuring cup
- Can opener
- 1 Tablespoon measuring spoon
- 1 teaspoon measuring spoon
- ½ teaspoon measuring spoon
- ¼ teaspoon measuring spoon
- Large mixing bowl
- Potato Masher OR Food Processor
- Mixing spoon

- Skillet/Cooking Pan with a lid. **Tip:** if you do not have a lid, you can use a baking sheet or another pan that is larger than the one you are using to act as a lid for this recipe)
- Stovetop
- Colander
- Microwave
- Microwave-safe bowl
- Spatula

Ingredients

- 1 - 15 oz can chickpeas, drained and rinsed
- 3 Tablespoons chia seeds
- 1 cup frozen diced butternut squash (steamed until tender)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon smoked paprika
- 1 Tablespoon soy sauce
- ¼ tsp salt
- 1 Tablespoon BBQ sauce and extra amount for serving
- Hamburger buns
- Baby spinach or leafy greens of your choice (like lettuce, arugula, rocket, etc.)
- Coconut oil OR avocado oil

Preparation

1. Take out a large bowl.
2. Take out a can opener.
3. Take out a colander.
4. Take out a microwave-safe bowl.
5. In your microwave safe bowl, put 1 cup of frozen diced butternut squash.
6. Add 1 Tablespoon of water to the microwave safe bowl.
7. Put the microwave-safe bowl in the microwave for 3 minutes.
8. When 3 minutes is up, stir the ingredients in the bowl (be careful – it may be hot).

9. After stirring, put the microwave-safe bowl in the microwave for another 1 minute.
10. Set this bowl carefully on the counter (it may be hot!). You will use it later.
11. Use your can opener to open the 15-ounce can of chickpeas.
12. Drain the liquid from the chickpeas and rinse them with water. You can do this by dumping the can of chickpeas into a colander and running water over them in the sink.
13. In your large bowl, add the drained and rinsed chickpeas.
14. In your large bowl, add 3 Tablespoons of chia seeds.
15. In your large bowl, add the 1 cup of butternut squash that has been microwaved.
    - In your large bowl, add 1 teaspoon garlic powder
    - 1 teaspoon onion powder
    - ½ teaspoon smoked paprika
    - 1 Tablespoon soy sauce
    - ¼ tsp salt
16. In your large bowl, add 1 teaspoon of garlic powder.
17. In your large bowl, add 1 teaspoon of onion powder.
18. In your large bowl, add ½ teaspoon of smoked paprika.
19. In your large bowl, add ¼ teaspoon of salt.
20. In your large bowl, add 1 Tablespoon of soy sauce.
21. In your large bowl, add 1 Tablespoon of BBQ sauce.
22. To mix all the ingredients in your bowl, you want to mash them together using a potato masher (or food processor) until well combined but still slightly chunky. This means make sure all the ingredients are mixed together, but you can still have pieces of the microwaved butternut squash visible in the large bowl.
23. You will be using the mixed ingredients in your large bowl as the chickpea patties. Take a ⅓ cup measuring cup to scoop out the amount you need to make your first patty. **Tip:** if you do not want to get your hands dirty, you can use disposable gloves.
24. Roll this mixture together in your hands to create a ball.
25. Flatten the ball into a disc shape that is about ¼ of an inch thick. You want your patties to be as close to the same size as possible, so some don't cook more or less than others.
26. You will repeat steps #24 and #25 until all the mixture in your large bowl has been used.

Cooking the Chickpea Patties

1. Take out your olive oil or coconut oil. This is your choice on which one you want to use or which one you have at your house.
2. Take out your skillet or pan.
3. Turn your stovetop burner to medium heat (typically a level 3-5).
4. Put 1 Tablespoon of olive oil or coconut oil in the skillet or pan.
5. When the oil starts to look shiny or shimmery and moves around the pan, it is hot enough to add your chickpea patties. **Tip:** if you see smoke coming from the pan, the pan is too hot, turn the heat down lower.
6. Depending on the size of your pan or skillet, you can add 2-3 chickpea patties to your pan.
7. Put a lid on your pan and set a timer for 5 minutes.
8. When the timer goes off, use a spatula to flip the chickpea burgers over.
9. Set a timer for 5 minutes so they can cook on that side. Remember to cover the pan back up with the lid.
10. After the timer goes off, the chickpea patties will look like a deep brown color. That's how you know they are ready to remove from the pan or skillet. Remove them from the heat and place on a plate.
11. Turn off your stovetop.

Assembling the Chickpea Burgers

1. Open your bun and place it on a plate.
2. Add a chickpea patty to the bun.
3. Put some baby spinach (or any leafy green you choose) on top of the chickpea patty.
4. Add condiments (toppings) that you like onto the spinach or top bun. We recommend BBQ sauce.
5. Enjoy!