



Recipe by Vincci Tsui, RD at <https://vinccitsui.com/portfolio/pub-grub-veggie-burgers/>



## Pub-Grub Veggie Burgers

Author: Adapted from [Lukas Volger](#)

Recipe type: Main

Cuisine: Vegetarian, Pulses

Makes: 10

### Ingredients

- 1 large onion, chopped
- 4 large eggs
- 1 can (19 oz/540 mL) black beans, drained and rinsed (or 2 cups cooked)
- 1 can (19 oz/540 mL) chickpeas, drained and rinsed (or 2 cups cooked)
- 1½ tsp (7 mL) chili powder
- ⅓ cup (85 mL) parsley, chopped
- 2 cups (500 mL) panko, bread crumbs or oats
- 1 cup (250 mL) grated melting cheese, i.e. monterey jack, muenster, mozzarella or fontina

### Instructions

1. If baking patties (as opposed to pan-frying), preheat oven to 350°F. Grease a cookie sheet or line with parchment paper.
2. Combine the onion, eggs, beans and chili powder in a food processor and pulse until combined. Turn the bean mixture into a mixing bowl and fold in the parsley, panko, and cheese. Shape into 10 patties.
3. Bake patties on prepared cookie sheet for 15 minutes or pan-fry in oil over medium heat for about 4-5 minutes per side.

### Notes

Make Ahead Tip: Let cool before wrapping and freezing individually for several months. When ready to eat, pan-fry, or cook on a well-oiled grill on medium-high for 5-7 minutes per side, or until heated through. You can also reheat in the oven or toaster oven at 325°F until heated through.