

# Garbanzo Bean Slider

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY  
OF THE UNITED STATES

**YIELD:**

**9 Servings**

Ingredients	Qty	Measure
Onion, diced small	1	Cup
Fresh garlic, minced	1/8	Cup
Garbanzo beans	15	oz
Walnuts	¼	Cup
Cilantro	1	Tbsp
All-purpose flour	½	Cup
Cumin	¼	tsp
Olive Oil (divided)	½	Cup
Salt	1	tsp
Pepper	1	tsp

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Sweat onions and garlic until soft
2. Drain garbanzo beans, process in food processor until broken (Do not overprocess)
3. Mix in walnuts, cilantro, flour, cumin, oil, salt and pepper
4. Put ¼ cup oil on griddle. Cook patties until golden brown

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

1 patty on your choice of bread, top with 1 oz. of caramelized onions.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 281 Total Fat: 19 g Saturated Fat: 4 g Carbohydrate: 23 g Protein: 5 g Sodium: 438 mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 4% Iron: 5%