



Makes 7 or 8 palm-size burgers
Cook Time: 30 minutes

INGREDIENTS:

BASE

1 (15-ounce) can chickpeas, rinsed and drained (about 1½ cups)

1 cup cooked short-grain brown rice

VEGETABLES/NUTS

½ cup chopped sweet onion

½ cup grated carrot

½ cup chopped baked potato

¼ cup chopped walnuts

BINDER

1 cup bread crumbs

SEASONINGS

1 clove garlic, crushed, or ½ teaspoon garlic powder

2 teaspoons curry vindaloo powder

1 teaspoon ground coriander

½ teaspoon sea salt

MOISTENER

2-3 tablespoons unsweetened, unflavored plant milk

CRISP COATING

¼ cup cornmeal or garbanzo flour (more as needed)

Indian Veggie Burger

This is my personal favorite plant burger variation, having gotten hooked on anything Indian food-related during my first travels to India. An expanded version of the [basic plant burger recipe](#), this burger has been specifically hailed as a huge hit with families transitioning to plant-based eating.

From *The Plant-Based Journey*

Find this recipe and more in the *Forks Over Knives Recipe App*.



By Lani Muelrath, MA

- 1 Lightly pulse the beans in a food processor, leaving some chunks for texture, or partially mash them with a potato masher. Place the beans into a large bowl, along with the rice.
- 2 Finely chop the raw vegetables. I use my food processor, first cutting the vegetables into 1-inch pieces and then pulsing until finely chopped. Add the vegetables and nuts to the bowl with the beans and rice.
- 3 Add the binder and seasonings to the bowl, and knead to make the mixture workable for forming burgers. Add the moistener, 1 tablespoon at a time, if the burgers don't hold together well. Chill

for an hour or more, if time allows.

- 4 Form the mixture into palm-size patties about $\frac{3}{8}$ -inch thick.
- 5 Place the cornmeal or chickpea flour coating on a plate. Gently coat both sides of each burger, one at a time. Roll the edges against a flat surface to make a round shape with flat sides, and pat the coating onto the sides as well. This adds a nice crispy surface and helps the burgers keep their shape.
- 6 Cook the burgers in a nonstick pan over medium heat for 5 minutes, then turn and cook the other side for 4 to 5 minutes more. You can also bake the burgers on a baking sheet at 350°F for about 20 minutes.
- 7 Serve on buns or alone with your favorite condiments. Expect a savory, soft texture and a thin, crisp crust.

Notes:

Rice: Short-grain brown rice has a stickiness that holds the burgers together; substituting long-grain rice or another grain may result in a burger that falls apart more easily. For a more savory flavor, cook the rice in vegetable broth instead of water.

Nuts: While the nuts add texture and flavor, you can eliminate them to reduce fat content.