

Featuring Tennessee Gourmet® Products

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Rachel's Veggie Burger

1 (16 ounce) can Chick Peas, drained, rinsed and divided	¼ tsp. ground cumin
1 (16 ounce) can Black Beans, drained, rinsed and divided	1 Tbsp. fresh parsley
⅓ cup red onion, diced	1½ Tbsp. Tennessee Gourmet® Apple & Spice Sauce
2 Tbsp. olive oil	¾ cup Panko crumbs
1 Tbsp. potato flour	Cooking spray
¼ tsp. garlic powder	Salt and Pepper to taste

Preheat oven to 375°F.

Pour half of the beans into a mixing bowl and set aside. Pour the remaining beans into a food processor.

In a small pan add oil and sauté the onion until slightly transparent. Add the onion to the food processor with flour, garlic, cumin, parsley, salt, pepper and Apple & Spice. Blend until smooth. Set aside.

Using a potato masher or fork lightly break up the beans in mixing bowl. Add the ingredients from the food processor and combine with the Panko bread crumbs. Lightly spray a baking sheet with cooking oil. Form the mixture into patties and place on a baking sheet. Bake for 8-10 minutes, flip and continue to bake an additional 8-10 minutes. Baking time will be dependent on thickness of the patties.