

Falafel Patties



1 can kidney beans, drained and rinsed
1 can chickpeas, drained and rinsed
1 cup cooked brown rice
1 cup rolled oats
3 tbs grilled salsa (or any mild on hand)
2 tbs pineapple salsa (or any sweet on hand)
2 tsp tahini
1 tsp garlic powder
1 tsp onion powder
1 tsp ground cumin
2 tsp dry minced onion
2 tsp dry chopped garlic
2 tsp vegetable broth

- Put beans and chickpeas (garbanzo beans) into a bowl and mash with a potato masher. Don't blend or overly mash, they need a bit of roughness to help the recipe stick together
- Add remaining ingredients and mix thoroughly with sturdy spoon, I use a bamboo wooden spoon
- The consistency will be a semi-dry mash, like a dry meatloaf (oh my, did I mention the M word?)
- Divide in the bowl into quarters
- Form 3 small patties from each quarter (total of 12 patties in recipe)
- Let the patties set for 5 to 10 minutes (can refrigerate)
- Preheat your George Forman Grill while the patties set
- Place 6 patties (or whatever your grill will fit) into your George Foreman and grill for 5 minutes
- Serve and enjoy!