



*Hill's Mills & Mixers*

**BOSCH** Kitchen Centre

*~products for better health*

## **(4) BEAN FLOUR RECIPES**

### **LENTIL GARBANZO PATTIES**

2 cups lentil flour  
½ cup garbanzo bean flour  
2 Tbsp finely minced onion  
1 egg  
½ tsp salt  
2 Tbsp beef or vegetable soup base

Mix all together. Adjust moisture level by sprinkling a bit of water or adding another egg (or egg white) to desired consistency if mixture is too dry. Form into small patties and fry in skillet coated with a non-stick vegetable spray. Brown on both sides.

**Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559**