

Recipe

Vegan Burgers I

By

Madhavi Devi Dasi.



Ingredients

- ½ cup oats
- ½ cup red quinoa
- 1 cup vegetable broth or water
- 1 ½ tsp olive oil
- ½ tsp hing
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp Italian seasoning
- 2 tbsp flaxseed meal, optional (I prefer to add flaxseed meal in everything I eat)

- 1 ½ cup cooked white beans or any beans, drained, and patted dry
- 1/3 cup finely shredded cabbage
- 3 tbsp finely chopped red bell pepper
- 2 tbsp tomato sauce
- 6 olives, sliced
- 2 tbsp finely chopped sun-dried tomatoes, drained
- 2-3 tbsp oil for oiling and grilling or pan frying patties

Preparation

In a food processor or a blender, mix beans and oats for one minute.

Meanwhile, bring quinoa and broth or water to a boil in a saucepan. Cover, reduce heat to low, and cook for 13 minutes.

Transfer mixture to a large bowl. Stir in cooked quinoa, tomato sauce, bell pepper, cabbage, olives, and sun-dried tomatoes. Add salt and pepper, hing, Italian seasoning, flaxseed meal and olive oil. Mash to combine. Form 6 ½ cup-sized patties. Brush tops of each patty with oil.

*You can grill the patties or pan fry them. If you grill them, it takes 6 minutes. If you pan fry the patties, it takes about 3-4 minutes for each side. Serve these patties with your favorite burger buns and toppings.

Serves

6 burgers

For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare