VEGGIE BURGERS - GLUTEN FREE

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Veggie Burger

This recipe is a work in progress. The burgers taste great, but don't hold together quite as well as I think they should. I like to make a batch and freeze them. It's the only healthy fast food I know of. This make 4-6 burgers depending on how you shape the burgers.

Ingredients:

DRY INGREDIENTS
1 tempeh block
1 canned black beans, undrained
2 vidalia onion
2 carrots
2 cloves of garlic
2 Tbsp rice flour
1 tsp sea salt
black pepper
2 tsp Bragg's Liquid Amino Acid
dried oregano
parsley
2 Tbsp cummin
sage

BINDING
1 Tbsp + 1 tsp flax meal
2/3 cup tahinni (sunflower seed paste)
1/4 cup olive oil

Directions:

Drain beans and place in bowl. Mash with fork. Grate other vegetables. Add other dry ingredient and mix by hand.

Make the tahinni by combining 1/4 cup oil with 1 cup sunflower seeds and blend into a paste. Leftover tahinni can be stored in refrigerator.

Mix binding in a bowl. Let sit for 5-10 minutes while flax becomes gooey.

Combine binding with dry ingredient.

Bake in oven 15 minutes @ 325. Remove and freeze for later use or fry or grill.

This post is part of Fight Back Friday.

Written by Peter Wright