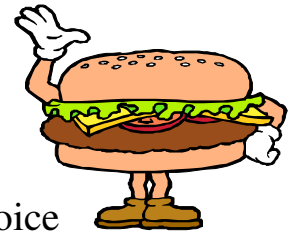


## VEGGIE BURGER RECIPE



You need:

- 1 cup dry beans, chick peas, lentils or grain of your choice
- 1 cup cracked wheat or other cracked grain, soaked 2-4 hours (or oat flakes)
- 1/2 cup ground sunflower seeds, walnuts, or whole sesame seeds
- 1/2 cup whole wheat flour or other flour
- 1 med. onion, chopped fine
- 2 Tbsp. tamari soy sauce
- 2 Tbsp. natural oil
- 2 tsp. sea salt
- 1-2 large eggs, beaten (can be optional, but hold everything together)

Put drained beans/grains through hand grinder, food processor or the like to grind to fine consistency.

Cook for about 40 - 50 minutes and drain.

Drain water from soaked, cracked grain and mix with cooked beans/chick peas/lentils/grain.

Add all other ingredients to the mixture and mix well - if too dry, add some water.

Shape mixture into apprx. 12 burgers and wrap individually in wax paper what you don't need and freeze (keeps fresh for up to 3 months).

Cook Veggie Burgers as you would regular hamburgers.

Heat lightly oiled frying pan.

Put burgers into hot pan.

Keep frying pan covered while burgers cook on med. low heat.

After burgers are browned on one side (10-20 min.), turn over for another 8-12 min. until browned on both sides.

Optional: take off heat and add cheese slices and let melt with lid on.

Serve according to preference, as real burgers on whole wheat buns (with the usual toppings) or as veggie steak.