



CINDA'S VEGETBURGERS

Program 231044

To watch this episode go to 3ABNKids.tv



YOU WILL NEED:

- 1 – 1 lb 4 oz can Worthington Vegetarian Burger or 2 – 12 oz boxes Yves Veggie Ground Round
- 1 large onion, diced and sautéed in 1-2 teaspoons olive oil
- 2 cups quick oats
- 2 teaspoons Vege-Sal or your favorite all purpose vegetable seasoning
- 1 – 12.3 oz box Mori-Nu firm tofu
- ¼ cup flour
- ¼ cup dried or fresh breadcrumbs
- 1 tablespoon Bragg liquid aminos
- 2-3 tablespoons grapeseed oil vegenaïse or plant-based Greek yogurt
- 1 teaspoon salt

DIRECTIONS:

1. Mix all ingredients together. Shape into ½ cup size patties.
2. Fry in a small amount of oil until golden brown on both sides.
3. Serve immediately or freeze for later use.

YIELDS:

12 – ½ cup burgers