

Veggie Burger Cook-Along Recipes

Burger #1: Fun in the Sun Burger (Inspired by NEWSTART)

½ cup almonds
½ cup sunflower seeds
¼ cup whole wheat flour (or gluten-free brown rice flour)
1 ½ tsp onion powder
2 tsp garlic powder
1 ½ tsp ground flaxseed
½ tsp salt or to taste if no sodium tomato sauce
½ cup onion
1 clove garlic
1 cup shredded carrots
¼ cup fresh parsley (optional)
¼ cup tomato sauce

Burger #1: Fun in the Sun Burger (Instructions)

1. Place almonds, sunflower seeds, flour, onion powder, garlic powder, flaxseed, salt in blender
2. Process until nuts and seeds are ground to a powder
3. Pour into mixing bowl
4. Place onion, garlic, and carrots in the food processor and chop until fine.
5. Add this to the mixing bowl ingredients
6. Add ¼ cup tomato sauce and mix well

7. Form into patties with a large canning jar lid on lined baking sheet with parchment paper
*optional: add flavor by brushing the BBQ sauce on top to bake flavor in
8. Bake at 400 for 12 min.
9. Flip patties, press down, and bake another 12 min until lightly browned. Makes 5 patties

BBQ Sauce (NEWSTART)

1 small onion, finely chopped
2 tbsp water
8 oz. can tomato sauce (1 cup)
2 Tbsp maple syrup
Tbsp almond butter
tsp salt
½ tsp oregano
½ tsp cumin
½ smoked paprika
½ tsp liquid smoke

BBQ Sauce (NEWSTART) (Instructions)

1. In a small bowl, add all ingredients except the onions
2. Chop onions finely
3. Place in small skillet and caramelize (do not stir, just heat until onion browns on the pan).
4. After it browns, add 2 TBSP water to stir and deglaze the pan
5. Add the ingredients from the bowl, to the onions and stir
6. Simmer about 5 minutes, stirring frequently

Burger #2: Oat-licious Burger (Inspired by NEWSTART)

cups water

¼ Bragg's Liquid Aminos

1 tsp Italian seasoning

1 tsp garlic powder

1 ½ tsp onion powder

½ tsp salt

3 Tbsp nutritional yeast flakes

3 Tbsp beef-like seasoning

¼ cup dry onion flakes or 1 diced onion

1 tsp liquid smoke seasoning

3 cups quick oats

½ cup ground walnuts or pecans

¼ cup fresh basil (optional)

1 clove garlic (optional)

Burger #2: Oat-licious Burger2 (Instructions)

1. Grind up ½ cup walnuts or pecans in food processor/vitamix
2. Place in bowl with oats, set aside
3. Place all other ingredients in a saucepan and simmer for 3 minutes
4. Remove from heat and stir in oats and nuts. Let cool.
5. Form into patties with a large canning jar lid onto a baking sheet w/parchment
6. Bake at 375 for 15 min, flip
7. Bake for another 10-15 min until browned, (or can cook on a non-stick skillet until brown)
8. Add mouth-watering toppings and enjoy!

Easy Cheesy Sauce

cup raw or roasted unsalted cashews²

cups water

½ tsp salt or to taste

¼ cup jar roasted red pepper (jar pimientos) or 1 red bell pepper

½ tsp garlic powder

2 tsp onion powder

Tbsp nutritional yeast flakes (optional)

Easy Cheesy Sauce (Instructions)

*Optional prep: can soak cashews overnight

1. Add all ingredients to vitamix or blender
2. Blend until all particles are completely smooth and not gritty
3. Next, pour into a saucepan.
4. Cook on medium heat, stirring until thickens to desired consistency

*Top on a burger, baked potato, nachos w/ veggies, or steamed broccoli, or pasta

Zesty Avocado Topping

Avocados (ripe yet firm) 1

Bunch fresh cilantro

red onion

limes

1 Tomato

Pinch of salt (optional)

Zesty Avocado Topping (Instructions)

1. Remove peel from avocado and chop into cubes
2. Place cubes in bowl
3. Chop onions, cilantro, tomatoes
4. Add to bowl
5. Cut lime in half, squeeze juice of both halves into bowl
6. Mix with a spoon until

*optional: add a pinch of salt to taste

*Enjoy on top of your burger with lettuce, tomato, or enjoy on the side with crackers/nachos

Bonus Recipes

Rainbow Slaw

1 pack of Rainbow slaw (cabbage, carrots, broccoli stalks, broccoli florets, cauliflower) or chopped cole slaw

Vegan mayo to taste

Rainbow Slaw (Instructions)

Mix a bag of rainbow slaw (cabbage, carrots, broccoli) with homemade mayo or Vegenaïse to taste. Chill in refrigerator before serving.

Enjoy as a nutritious side dish, or add to burger, or inside a wrap.

Buffalo Cauliflower (gluten free)

1 head of cauliflower

2 cups of flour (your choice. We used Bob's Red Mill, Gluten-free 1 to 1)

Unsweetened almond milk or your choice of liquid to make the batter

Bread crumbs (your choice of flavor. We used an organic, gluten-free)

*You may also add your choice of seasoning (garlic powder, onion powder, etc.)

Buffalo Cauliflower (gluten-free) (Instructions)

1. Make a batter, by combining your choice of flour and liquid in a mixing bowl
2. Dip chopped cauliflower into batter
3. Then, Dip cauliflower into breadcrumbs
4. Place onto baking sheet lined with parchment paper
5. Bake at 425, until cauliflower is golden brown
6. Remove from oven and brush on Buffalo sauce generously

Let it cool and Enjoy! This recipe is especially tasty when dipped into Easy Cheesy Sauce.

Lemon Squeezy, no-pucker Pickles (no vinegar recipe)

Inspired by Tasty Vegan Delights by Gloria Lawson and Debbi Puffer

3 sprigs fresh dill or 1 tsp dried dill weed

½ sliced medium onion

4 clove garlic

½ cup lemon juice (3 Lemons)

1 ½ cups water

4 tsp salt

Sliced cucumbers

½ sliced medium onion

Lemon Squeezy Pickles (Instructions)

Combine first 6 ingredients in a 1 quart large mouth jar. Then add the cucumbers and top with the other half of sliced onions. Put the lid on. Refrigerate overnight. These pickles will be ready in 24 hrs. and will last in the refrigerator for about two weeks.