

NATURE'S



FOOD PATCH

Market & Café

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Veggie Burgers 5/21 - Brad Myers,

<https://www.facebook.com/TheVegabondChef>

Burger Recipe

Black Eyed Peas – 2 Cups (soaked overnight & cooked)
Brown Rice – 2 Cups
Sunflower Seeds – 1 Cup
Flax Seeds – 3 T
Parsley – ½ Cup, chopped
Onion – ½ Cup, diced
Celery – ½ Cup, diced
Soy Sauce – ¼ Cup
Nutritional Yeast – ¼ Cup
Chili Powder – 2 T
Cumin – 2 T
Veggie Pepper – 1 t
Salt to taste

~Pulse the black eyed peas, rice, soy sauce and spices in a food processor roughly. Then pulse the sunflower and flax seeds into a powder. Stir the two together and then fold in the veggies. Take mixture and shape into burgers, bake for 25 minutes on 400 degrees.

Simple Quick BBQ Sauce

Ketchup
Red Wine Vinegar
Worcestershire
Hot Sauce
Mustard
Coconut Nectar
Nutritional Yeast
Smoked Paprika
Cocoa