

The Best Vegan Burgers



PHOTO: Used by permission of Making It Meatless.

Ingredients:

- 1 c. water
- 2 t. granulated onion
- 2 t. McKay's® Beef Style Instant Broth and Seasoning
- 3 T. Bragg Liquid Aminos™ or low-sodium soy sauce
- 2 t. food yeast flakes
- 3 cloves garlic, crushed
- 1 ½ c. quick or regular oats
- ¼ c. finely chopped walnuts
- ½ t. dried sage
- ¼ t. dried marjoram
- ¼ t. dried thyme
- 1 finely grated large carrot (or 2 small)
- 2 T. instant potato flakes
- 3 T. chopped fresh parsley
- 1 14 - 16 oz. pkg. medium firm regular tofu, drained, pressed dry, crumbled
- Olive oil, for frying

Instructions:

Bring first 6 ingredients to a boil in a medium saucepan. Stir in the oats, walnuts, sage, marjoram and thyme. Cover and let stand for 10 minutes.

Meanwhile, combine remaining ingredients in a medium bowl. Add the oat mixture and mix well (mixing with hands works great). Press into a 1/3 cup measuring cup or scoop. Tap out onto a piece of foil (I prefer nonstick) and press down and shape into a bun sized patty. (You can also use another piece of foil to flatten the top, then peel it

To view other recipes, [click here](#). To watch other *LifeStyle* shows, [click here](#).