



Recipe Details

Recipe Name - Veggie Normandy Burger

Recipe Steps -

Ingredients

- 4 cups frozen broccoli Normandy
- 1 (15 oz.) can of chickpeas, drained and rinsed
- 1/2 cup sun-dried tomatoes
- 2 Tbsp mushroom powder soup base
- 1 Tbsp tamari
- 1 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbsp. garlic, minced
- 2 Tbsp. flax, ground
- 3 Tbsp. Tomato paste
- 3 Tbsp. Ketchup
- 1/4 cup Peppercini with 1 1/2 Tbsp. juice from jar
- 1 cup Oats

Instructions

- 1) Thaw veggies slightly
- 2) Preheat oven to 350 degrees
- 3) Add all ingredients to high-speed blender, and blend well
- 4) Place desired-size burgers on a parchment-lined baking sheet
- 5) Bake for 25 minutes
- 6) Enjoy with condiments of your choice on lettuce wraps or bread of choice, accompanied by tomato, onion, lettuce, Pickles, or whatever you like

