Mrs. Vegan's WFPB Dinner Recipes

BROWN RICE HAZELNUT BURGERS
(adapted from Julie Hasson, *Vegan Diner*)
Makes 7 to 12 burgers, depending on size.

3 cups dried TVP or TSP granules*
8 oz button mushrooms, white or cremini, sliced
½ cup diced onion
2-3 cloves garlic, pressed or finely minced
1 cup cooked BROWN RICE
¾ cup coarsely chopped hazelnuts, skinned and lightly toasted

¼ cup vital wheat gluten*
¼ cup whole wheat flour
¼ freshly minced parsley
2 tbsp chickpea flour*
3/4 tsp salt
Freshly ground black pepper, to taste

Hamburger buns, for serving (Ezekiel is a healthy brand)
Lettuce or salad greens for serving
Sliced tomato, for serving
Sliced onion, for serving

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper or a silicone mat, or lightly oil a baking sheet.

In a small saucepan, bring ¾ cup water to a boil. Remove from the heat, stir in the TVP, and cover with a lid. Set aside until the TVP has absorbed all the water and has cooled completely.

Heat a large skillet over medium-high heat and add ¼ cup of sherry, white wine, dry vermouth, or low-salt veggie broth. Sauté the mushrooms for 5 minutes until soft. Set aside to cool completely.

In a food processor fitted with the metal blade, chop the hazelnuts until crumbled. Remove and set aside in small bowl. Add the onion, garlic, and cooled mushrooms to the food processor, and pulse until finely chopped. Add the cooled and drained TVP mixture, along with the cooked rice and hazelnuts, and pulse briefly, but do not purée.

Transfer the mixture to a large mixing bowl, and add the vital wheat gluten, flour, parsley, chickpea flour, and salt, mixing until combined. You may want to use your hands, but don't overwork. Form into 7 to 12 balls; flatten each one into a 3½- to 4-inch burger. Place the burgers on the prepared baking sheet and bake for about 25 minutes, flipping them about halfway through.

Serve on a bun with all the fixings.

This recipe is a good use for leftover brown rice. The recipe for BROWN RICE is given.

<u>Unusual ingredients</u>:

TVP or **TSP** stands for texturized vegetable protein or texturized soy protein. This is a dried product you can purchase in bulk in the health food/natural food store, or possibly packaged under a brand name; it must be reconstituted with hot water. (In other recipes, TVP can be entered as is to a soup or stew with plenty of liquid, as long as you leave time for it to cook and absorb water.)

Vital wheat gluten is the protein portion of the wheat. This flour can be found in bulk in the health food or natural food store, or packaged under a brand name like Bob's Red Mill. Some supermarkets carry it.

Chickpea flour can be found in bulk in the health food/natural food store, or packaged under a brand name like Bob's Red Mill. Some supermarkets carry it. Also called besan flour when sold in Indian markets.

BROWN RICE

1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).



