

Vegetarian/Soy Burgers

A: 2C soybeans (4C cooked)

B: 1 egg

8oz tomato paste

5c garlic, minced

2T Worcestershire sauce

1t oregano

1T basil

1 onion, finely chopped

1C oatmeal (uncooked)

2T shortening

1t salt and pepper

1. Cook (A) 50min at 20# pressure, process until coarse.
2. Mix (A) with (B) in bowl.
3. Form patties with hands, cook on oiled iron grill.

Servings: 4

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From the kitchen of David and Jennifer Deaven