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RED BEAN TEMPEH BURGERS

SERVES 6

INGREDIENTS:

½ cup quick-cooking oatmeal, cooked in 1 cup of water
½ cup small diced onion
1 large clove garlic, minced
1 small or ½ large, deseeded, finely chopped jalapeño pepper
4 - 6 Tbs. vegetable oil, divided (for sautéing onions and burgers)
1 tsp. ground cumin
1 15-ounce can small red beans, well-drained
1 8-ounce package SoyBoy tempeh, coarsely ground in food processor
½ cup dried breadcrumbs
Pinch of salt (optional)

FOR SERVING:

whole-wheat burger buns
tomato salsa and vegan mayonnaise combined, as desired
fresh cilantro leaves

PROCEDURE:

Cook ½ cup quick-cooking oatmeal in 1 cup of water. When done, add to a large mixing bowl to cool down.

Sauté the diced onion in 1 - 2 Tbs of vegetable oil, until softened a bit, then add the minced garlic and chopped jalapeño pepper. (Hint: you can add the 1 tsp of ground cumin with the onion and jalapeño, instead of later in the mixing bowl). Cook for a minute or so and add that mixture to the bowl with the cooling oatmeal.

Use a food processor to coarsely grind the 8-ounce package of tempeh. Add the ground tempeh to the bowl with the oatmeal and onions. Then add the well-drained 15-ounce can of red beans, 1 tsp ground cumin (if you didn't add it earlier), ½ cup dried breadcrumbs (and an optional pinch of salt), and use a potato masher to mash everything together.

Use your hands to shape that mixture into 6 equal-sized, firmly packed patties.

Sauté the burgers in a little vegetable oil until they're nicely browned on both sides and hot all the way through.

Serve on whole wheat buns topped with a combination of vegan mayonnaise and tomato salsa and optional fresh cilantro.

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