



## **Sabbath Burgers**

3 cups old fashioned oats

2 tablespoons The Vegetarian Express Golden Broth

2 teaspoons The Vegetarian Express Roasted Garlic Red Bell Pepper Zip

2 teaspoons The Vegetarian Express Saucy Ranch Seasoning

Pinch of cayenne pepper

1 1/2 cups almond or pecan meal, or any nut you prefer ground, can leave chunky if you like a bit of texture

2 1/2 cups boiling water

Directions: Mix all ingredients together in a heat-proof bowl. Add boiling water as needed to make a soft burger dough. Let rest until it firms up a bit. Using an ice cream scoop form the patties and fry in a lightly oiled skillet until golden brown on both sides. Use for making sandwiches or serve with marinara sauce or gravy.

*Submitted by Connie V. of North Carolina*