



Make LUNCH. Make CHANGE.

Make your lunch for one week and donate the money you saved to The Stop Community Food Centre.

Recipe: *Grain & Mushroom Vegan Burger*

Ingredients:

- 1 cup grain of your choice, cooked (quinoa, brown rice, millet)
- 1 lb mushroom of your choice (cremini, portabello, oyster)
- 3 large onions, sliced
- 4 cloves garlic
- 1-2 carrots, shredded
- 2 cups cooked beans (navy, kidney, garbonzo, black, etc.)
- 1 cup flour of your choice (corn, rice, all purpose, corn starch, etc.)
- 1 cup whole rolled oats (if unavailable, use more flour)
- Oil for frying
- Juice of 1 lemon
- 2 tbs Sherry Vinegar
- 6 sprigs fresh thyme
- ¼ cup soya sauce
- 1 tsp chili flakes
- 5 fresh bay leaves

Directions:

1. Marinate mushrooms in soya sauce, 2 tbs oil, 2 cloves garlic, salt, pepper, a pinch of chili flakes. Allow to sit 30 minutes.
2. Meanwhile, fry onions with 2 fresh bay leaves and 2 cloves of garlic, and a pinch of chili flakes in 2 tbs oil. Fry until lightly browned and softened. Set aside.
3. Grill mushrooms in grill pan, fry pan, or bbq until cooked, about 5 minutes.
4. In a large bowl, combine mushrooms, onions, beans, and garlic. Puree this mixture in a food processor in batches and transfer pureed mixture to another large bowl. Add to this bowl the remaining ingredients (carrots, flour, oats, lemon juice, vinegar, thyme, and leftover mushroom marinate). Mix well. Mixture should have the texture of falafel mix, a little wet, but able to hold a loose ball shape. Add more oats and flour to make firmer if desired. Fry a small amount to taste for seasoning.
5. Form into 4-5oz balls and fry in a hot pan, pressing flat with a spatula to make a patty shape. Brown well on both sides, approximately 10 minutes.
6. Serve with or without bun and condiments of your choice. (We particularly love sriracha hot sauce mixed with mayo!)

Makes 12 4-5 oz patties



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