



## Tofu Burgers

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*Burgers*

**Prep Time:** 15-20 minutes **Cook Time:** 50 minutes **Difficulty:** Medium **Servings:** 8-10 burgers **Source:** Good Friend

### INGREDIENTS

1 cup grain (rice, quinoa, buckwheat, millet, etc)

2 cups water

1 tofu (14 oz)

2 Tbsp ground flax

3/4 Tbsp salt

1 onion, minced

1 1/2 tsp baking powder

1 Tbsp oregano

1 tsp garlic powder

1/8 tsp pepper

1/4 cup nutritional yeast

1- 1 1/2 cups flour (ww or oat flour, or rolled oats)

### DIRECTIONS

Preheat oven to 350F

Cook grain in water. Set aside to cool. (Can make ahead of time.) The grain will double in quantity. Use all.

Mash tofu, salt, and flax together in a large mixing bowl.

Mix together in a small bowl: onion, baking powder, oregano, garlic powder, pepper, and nutritional yeast.

Mix together wet (including cooked grain) and dry ingredients.

Lastly add (whole wheat, or oat) flour to make it all stick together.

Form burgers. Bake for 20-30 minutes, flip, and bake for another 20 minutes.

Serve as burgers with all the trimmings: tomato, sauerkraut/pickles, lettuce, mustard, ketchup...

### NOTES

If you form this mixture into balls, you can dip in soy sauce (Asian) or fill a pita pocket as you would a falafel.