



Recipes

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Veggie Burgers

Serves 1

Ingredients:

1 lbs. Panko Bread Crumbs
1 Whole Egg
4 oz. Soy Beans Paste
4 oz. Red Bell Peppers , roasted and small diced
3 oz. Yellow Bell Peppers , roasted and small diced
6 oz. Zucchini , roasted and small diced
2 oz. Carrots , shredded and chopped
5 oz. Spinach , chopped
4 oz. Yellow Corn , roasted
3 oz. Shiitake Mushrooms , marinated and chopped
2 oz. Sliced Almonds , blanched and chopped
2 oz. Sun Dried Tomatoes , chopped
4 oz. Edamame Beans , minced
2 oz. Green Onions , chopped
1 Tbsp. Garlic , roasted
1.5 Tbsp. Fresh Basil , chopped
.5 tsp. Roasted Garlic Powder
.25 tsp. Cayenne Pepper Sauce Pepper
.5 tsp. Ground Black Pepper
.5 tsp. Kosher Salt

Directions:

1. In a mixing bowl, combine all ingredients together thoroughly.
2. Form mixture into two ounce patties.
3. Heat flattop or sauté pan over medium heat and spray lightly with oil.
4. Place patties on flattop or sauté pan and cook approximately two minutes or until golden brown. Flip and continue cooking until both sides are golden brown.