

TVP Veggie Burgers - page 1 of 2

Ingredients:

- 1 cup beef or chicken TVP
- 3/4 cup hot water
- 1 tablespoon ketchup
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon marjoram
- 1/2 teaspoon oregano

Combine all ingredients together and let stand in a bowl until it thickens. In a separate bowl, combine the following and let stand until it is re-hydrated.

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