

TVP Veggie Burgers - page 2 of 2

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Ingredients:

- 1/8 cup dried carrots
- 1/8 cup dried celery
- 2 tablespoons dried onions
- 1 1 tablespoon dried parsley
- 1/2 cup hot water

When all the ingredients are reconstituted, combine the TVP spice mixture with the vegetable mixture and add 1/4 cup whole wheat flour. Mix well and form into patties. Fry the patties in a skillet with 4 tablespoons vegetable oil. When they're brown, turn them over and brown the other side. Serve them just like hamburgers.