

Aunt Esther's Nut Burgers



Makes approx 7 servings

Ingredients

2 eggs, beaten
3 tbsp milk
1 cup cooking oatmeal, coarsely ground
1 cup of walnuts (or pecans or other nuts)
1/2 cup onion
Handful of spinach
1 cup of finely chopped or grated carrot
4 large mushrooms, chopped
1/2 tsp minced garlic
2 tbsp whole wheat flour
Salt and pepper to taste
Sprinkle of thyme



Directions

Begin by placing all ingredients in a bowl starting with beaten eggs. Grind the spinach, carrots and mushrooms first in the food processor. Add milk, oatmeal, nuts, onion, garlic, spinach, carrots, mushrooms, flour, thyme, salt and pepper.

Mix everything together.

Cook in large frying pan with a little olive oil. Or if you prefer broil them in the oven.

Once the burgers are well cooked, spoon peanut and tomato stew over them and cook on low heat for a few minutes. Serve and enjoy! The burgers and the stew complement each other nicely. If you're in a hurry serve with store-bought tomato sauce instead of the stew.

Adapted from Gary and Suzanne Werdesheim's Recipe in The Cosmic Vegetarian Cookbook.

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