

BBQ Veggie Burger with Caramelized Onions

Makes 3 full size patties

INGREDIENTS:

- 1 Can Garbanzo Beans- No Sodium
- 3/4 Cup Oatmeal
- 1/2 Cup Walnuts
- 2 Tablespoons Tomato Paste
- 1 Tablespoon Light Yellow Miso
- 2 Tablespoons Ketchup
- 5 Tablespoons BBQ Sauce
- 1 - 3 drops of Liquid Smoke
- 1 Tablespoon Vegan Worcestershire Sauce
- 1/2 teaspoon Smoked Paprika
- 1 teaspoon Granulated Garlic
- 1/2 teaspoon Onion Powder
- 1 Tablespoon Flax Meal
- 1- 2 teaspoon Salt (optional) to taste
- 1 Medium Onion- sliced thin
- 3 Hamburger Buns
- Lettuce, Tomato, Ketchup



Recipe & Photo by Stefen Janke/ Plant Punk Kitchen

INSTRUCTIONS:

1. Preheat oven to 350 F
 2. Drain & rinse Garbanzo Beans, set aside.
 3. In a food processor, add Oats & Walnuts, blend until smooth. Remove to large bowl. Add Paprika, Garlic Powder, Onion Powder, Flax & Salt
 4. In a food processor, combine the Garbanzo Beans, Miso, Tomato Paste, Ketchup, Vegan Worcestershire sauce, 2 Tablespoons BBQ sauce and Liquid Smoke. Blend until smooth.
 5. Mix the wet and dry ingredients together by hand.
 6. Let set for a minimum of 15 minutes. This will allow the Oatmeal & Flax to hydrate. (The longer it sets, the easier it is to form patties.)
 7. Caramelize the onion: Place onions into a saute pan and season with salt. Use approximately 1 teaspoon per large onion.
- INSTRUCTIONS CONTINUED:**
8. Cook on medium-high heat to draw the majority of the water out of the onions. This will take approximately 15 minutes depending on the amount of onions added and their water content. Stir to prevent the onions from sticking. Onions will begin to turn from a translucent white color to a golden color and will continue to darken as you cook them.
 9. Deglaze the pan with 1/2 Cup Water when the onions begin to stick to the bottom of the pan, but before they begin to burn. Scrape the bottom of the pan thoroughly. Repeat until the onions reach your desired level of caramelization.
 10. Form Garbanzo Bean mixture into patties, pour about 1 Tablespoon of BBQ sauce onto each patty and spread evenly onto patties. Place on a lined baking sheet. Cook for 20 - 25 minutes.
 11. Build burgers topped with caramelized onion and desired condiments.