

BBQ Roast

1 can vege burger (38 oz.)

3 C. Quick Oats

$\frac{3}{4}$ c. W/W flour

2 c. grated soy cheese

1 large onion chopped

3 T. soy milk

2 T. Cornstarch dissolved in 3 T. water

1 $\frac{1}{2}$ t. dried marjoram (or oregano)

1 $\frac{1}{2}$ t. salt

4 T. parsley

Mix together. Pack into pan and bake.