

## **BULGUR BURGER**

1 cup bulgur wheat	1 Tbsp food yeast flakes
1 $\frac{1}{4}$ cups water	$\frac{1}{2}$ tsp salt
$\frac{1}{2}$ cup walnuts, ground	1 Tbsp Bragg Liquid Aminos
1 Tbsp dried onion flakes	(or increase salt to 1 tsp)
1 clove garlic or	1 Tbsp Beef-like seasoning
$\frac{1}{2}$ tsp powder	8 - oz can tomato sauce

1. Mix all ingredients together and bring to a boil. Reduce heat, cover, and simmer until thick. Remove from heat and let sit covered for 10 minutes.
2. Use as is, or place in a skillet over medium heat and brown, stirring now and then. If desired, add about 1 cup diced onions and brown with the bulgur burger and add seasonings of your choice. (This works great for a taco meat or for sloppy Joes.)

This recipe can be made in larger batches and put in your freezer in portions that are ideal for your family.

This recipe is very versatile and a nice alternative to soy and can also be cost effective. Enjoy!