

Vegan Roast

Brown:

1 chopped onion

6 slices whole wheat bread cubed

½ c. margarine

Add to above:

1 can of vegeburger

½ t. salt

½ t. garlic powder

½ t. poultry seasoning

4 eggs or 4 t. cornstarch dissolved in 4 T. water. Mix thoroughly.

Pat down firmly in 9x13 pan. Bake @ 375 30-35 min.

Ten minutes before the roast is done, spread the following topping on roast and finish baking.

Topping-

½ bottle catsup

3 T. brown sugar