

Vegetarian Burger – Bush's Veg. Beans



1 can – 8.3 oz. can Bush's Vegetarian Beans (small can)

¾ cup of white rice (cooked)

½ medium onion (sautéed)

½ green pepper (sautéed with the onions)

2 heaping tablespoons of mild Salsa

1 handful of crushed Corn Flakes

¼ cup of self-rising flour

1 egg

2 dashes of garlic powder

Salt to taste

1 tsp. Barbeque sauce (optional)

Mash the beans with a food masher or may use a food processor. Do not drain the beans. Sautee the onion and green pepper in a frying pan. Combine all of the above ingredients, mix well. Make patties and fry as a burger.

Consume as a regular burger – bun, burger, mayo, mustard, lettuce, tomato, pickles, ketchup, and cheese. Enjoy!

By Robert Ambler