

Soyrizo Black Bean Veggie Burger Torta

1-2 teaspoons olive oil
1 12 oz. package Soyrizo
1/4 cup chopped green onion
1/4 bunch cilantro, stems removed and chopped
1/2 red bell pepper, seeds removed and diced
1 15-oz. can black beans, drained and mashed
1 cup tortilla chips, finely ground
1/2 cup vital wheat gluten
1 tablespoons ground flax seed
3 tablespoons water
Pinch of salt to taste

6 Bolillos
Vegan mayonaisse
Guacamole
Purple onion
Green leaf lettuce

Heat a skillet or sauté pan over medium high and add just enough oil to lightly coat the bottom. Add the soyrizo and cook stirring occasionally for 8-10 minutes. Add the diced onion, red bell pepper, and cilantro. Reduce the heat slightly and continue to cook stirring occasionally for 4-5 additional minutes.

Remove from the heat, add the black beans, chips, gluten, flax, water and salt to taste. Stir to combine. Divide the mixture into six to eight portions. Shape them to fit on the rolls. Lightly oil a flat grill to medium high. Cook each patty 5-6 minutes on each side until browned and firm.

Split the bolillos, spread vegan mayonnaise on the insides. Toast the bread mayo side down on the hot grill until lightly golden brown. Transfer to a serving plate. Spread guacamole over the top half, place the grilled patty on the bottom half. Top the patty with lettuce, onion, and the other half of the roll and serve.

Strawberry Milkshakes

1 pint vanilla non-dairy ice cream
2 cups frozen strawberries
1 1/2 cups vanilla non-dairy milk
1 tub coconut milk whipped cream
Fresh strawberries for garnish

Place the ice cream, frozen berries and milk in a blender and blend until smooth. Add more milk gradually as needed to reach a smooth consistency. Top with whipped cream and serve with a fresh strawberry skewered on the straw or slices on the edge of the glass.



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