Hill's Mills & Mixers
BOSCH Kitchen Centre
~products for better health

SOYBURGERS

2 cups cooked soybeans
1 cup cooked garbanzo beans
3 cups cooked brown rice
2 Tbsp sesame seeds
1 large onion, chopped
1 large green pepper, chopped
½ cup chopped celery
1 cup chopped fresh mushrooms
1 tbsp beef or vegetable soup base
3 tbsp soy sauce
1 tsp ground ginger
1 tsp sesame oil
2 eggs
½ cup wheat or bean flour

Mash soy and garbanzo beans or put through Dimension 2000 Mixer Meat and Good Grinder. Add to cooked rice and sesame seeds.
Cook vegetables in 2 Tbsp water for 3 to 4 minutes, then add to bean and rice mixture. Add remaining ingredients and mix thoroughly.
Scoop ¼ cup portions into hot oiled skillet. Brown on both sides.
These are excellent served on a bed of cooked spinach or cabbage, topped with additional soy sauce or hot mustard.

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