



*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.

**Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559**