

VEGGI - HAMBURGER PATTIES

2 c water

¼ c soy sauce, unfermented

1 T olive oil

1 T turbinado sugar

2 tsp onion powder

½ tsp garlic powder

1 tsp parsley flakes

1 T nutritional yeast flakes

2 c quick oats

½ c pecan meal (ground pecan)

Put water in a medium saucepan. Bring to a boil. Add remaining ingredients. Cook until thickens. Cool it completely. Shape the patties with dampened hands. Drop olive oil in a hot skillet on medium heat. Cook patties on both sides until golden brown. Freezes well. Use as sandwich filling or serve with gravy.