



BURGER COOK-A-LONG

SHOPPING LIST

The following recipes will be demonstrated during the July Cook-Along. Please choose the recipes that you wish to make along with us. You do not have to make them all. Here are the ingredients for each recipe...

Burger #1: Fun in the Sun Burgers

- 1/2 cup almonds
- 1/2 cup sunflower seeds
- 1/4 cup whole wheat flour (or gluten-free brown rice flour)
- 1 1/2 tsp onion powder
- 2 tsp garlic powder
- 1 1/2 tsp ground flaxseed
- 1/2 tsp salt or to taste if no sodium tomato sauce
- 1/2 cup onion
- 1 clove garlic
- 1 cup shredded carrots
- 1/4 cup fresh parsley (optional)
- 1/4 cup tomato sauce

BBQ Sauce (NEWSTART)

- 1 small onion, finely chopped
- 2 tbsp water
- 8 oz. can tomato sauce (1 cup)
- 2 Tbsp maple syrup
- 2 Tbsp almond butter
- 1 tsp salt
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1/2 smoked paprika
- 1/2 tsp liquid smoke

Burger #2: Oat-licious Burger

- 3 cups water
- 1/4 Bragg's Liquid Aminos
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1 1/2 tsp onion powder
- 1/2 tsp salt
- 3 Tbsp nutritional yeast flakes
- 3 Tbsp beef-like seasoning
- 1/4 cup dry onion flakes or 1 diced onion
- 1 tsp liquid smoke seasoning
- 3 cups quick oats
- 1/2 cup ground walnuts or pecans
- 1/4 cup fresh basil (optional)
- 1 clove garlic (optional)



OPTIONAL TOPPINGS

Easy Cheesy Sauce

- 1 cup raw or roasted unsalted cashews
- 2 cups water
- 1 1/2 tsp salt or to taste
- 1/4 cup jar roasted red pepper (jar pimientos) or 1 red bell pepper
- 1/2 tsp garlic powder
- 2 tsp onion powder
- 2 Tbsp nutritional yeast flakes (optional)

Zesty Avocado Topping

- 2 Avocados (ripe yet firm)
- 1 Bunch fresh cilantro
- 1 red onion
- 2 limes
- 1 Tomato
- Pinch of salt (optional)

Burger To The MAX Items

- Lettuce
- Tomatoes
- Onions
- Whole Grain Buns Sprouts (optional)

Kitchen Tools

- Blender/Food processor
- Small saucepan
- Measuring cup
- Measuring spoons
- Mixing bowls
- Kitchen knives