

# Veggie Burgers

## Ingredients

1/4 (one-quarter) cup finely chopped onion  
1/4 (one-quarter) cup celery, diced  
1 garlic clove, minced  
1 Tablespoon olive oil  
1 cup fresh mushrooms, chopped  
2 large carrots, shredded  
1 potato, peeled and shredded  
1 10-ounce package firm tofu, drained  
1 egg  
1/2 (one-half) teaspoon each: dried oregano and parsley

## Method

Heat oil in a skillet and cook onion, celery and garlic two minutes or until tender. Add mushrooms and cook until moisture is removed. Remove from heat and add carrots and potatoes. Crumble tofu into vegetable mixture and mix well. Stir in egg, oatmeal and spices. Using floured hands, form mixture into four burgers. Place burgers on a lightly oiled cookie sheet and bake for fifteen minutes in a preheated 375 degree oven. Flip over and bake 10 minutes, or until crisp. Serve on warm whole grain buns with your favorite toppings. Yields four large burgers.