

Chick'n Burgers

Ingredients

- 1/2 c white kidney beans (rinsed and drained)
- 1 c veggie broth ((or water))
- 1 T olive oil
- 1 t soy sauce
- 1/4 c chicken-style broth powder
- 1 c vital wheat gluten
- 1/4 c chickpea flour
- 1 t garlic powder
- 1/2 t salt
- 1 t paprika
- 1 freshly ground white pepper

Instructions

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Get your water on its way to boiling in your steamer</div>

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1. Mash beans finely with a fork. Add in the rest of the ingredients and mix together into a dough.</div>

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2. Divide dough into 8 pieces and shape into burgers. Wet your hands with water is dough is a bit sticky. I pressed the dough into a ring to help get a nice round shape.</div>

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2. Wrap each burger in foil, making each as round

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as possible. Steam over simmering water for 30 minutes (no need for a rolling boil). Unwrap and serve.</div>