

Oh Em Gee Veggie Burgers

Yield: 12 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-burrito-spice-mix-recipe>

Ingredients:

- 1 1/4 pounds sweet potato squash see Tip
- 1 tablespoon extra virgin olive oil
- 1 cup walnuts
- 1/2 cup seeds
- 2/3 cup finely chopped onion
- 3 tablespoons minced garlic 6 or 7 large cloves
- 28 ounces black beans drained and rinsed
- 3 tablespoons spice mix p. 258, Oh She Glows Every Day or this one, to taste
- 1/2 teaspoon fine sea salt or to taste
- 1/4 cup fresh flat leaf parsley lightly packed, finely chopped
- 1/3 cup barbecue sauce Easy, p. 255, or store-bought
- 1 cup bread crumbs spelt, or breadcrumbs of your choice
- 2 tablespoons gluten free oat flour
- vegan mayo Homemade, p. 269 or this one, or store-bought
- barbecue sauce Easy, p. 255, or store-bought
- avocado Sliced
- red onion Sliced
- sliced tomato

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 26 grams
3. Fat: 12 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 560 milligrams
8. Sugar: 4 grams

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