

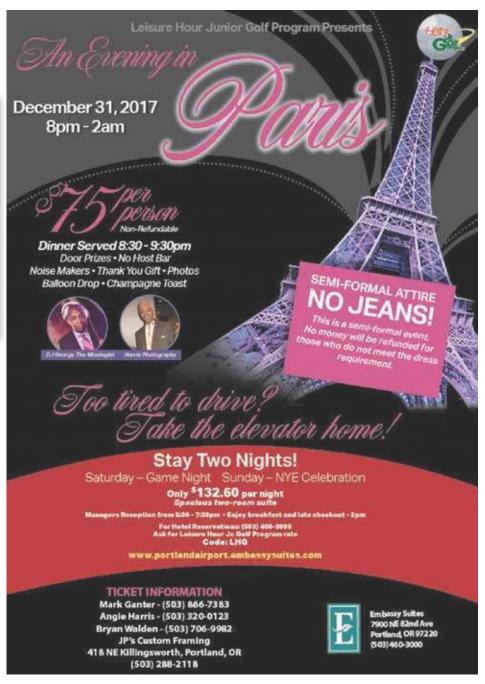
Simple Vegan Burger by Paul A. Neufeldt (makes 1 dozen)

- 1 cup mixed dried beans (at least 3 types) 1/2 cup nutritional yeast
- 1/2 cup quinoa
- 1/2 cup ground dried mushrooms
- 2 tablespoons Soup Spice Mix
- 2 tablespoons soy sauce
- 1 cup whey water

- 1/4 cup red rice flour
- 1/2 cup grated carrot
- 1/2 cup dried seaweed cut into 1/4 inch by 1 inch strips

DIRECTIONS:

- **1.** Put beans, quinoa, mushrooms and Soup Spice Mix in a saucepan with 3 cups water, bring to a boil then let simmer on medium for an hour. Stir periodically.
- **2.** Pour entire contents of saucepan in a blender. Add soy sauce and whey water. Blends well, some chunks are okay.
- **3.** Combine all ingredients in a large mixing bowl and mix thoroughly by hand.
- **4.** Set oven to 250f. Bake in a large greased casserole pan for half an hour. Let cool, then store in covered container until used to make burgers (makes about a dozen).
- **5.** Burgers may be frozen, separated by cooking parchment, in a sealed container.
- **6.** Fry burgers on medium heat with olive oil until browned on both sides.





SATURDAY **MONDAY** TUESDAY WEDNESDAY THURSDAY **FRIDAY** SUNDAY

National Nachos Day Iames Naismith Inventor of Basketball, born, 1861

Hug-a-Bear Day Scientist Marie Curie born in 1867

X-Ray Day X-Ray was discovered on this day in 1895

First 'Rolling Stone' magazine is published in 1967 Great Boston Fire 1872 Sesame Street Debuted in 1969 Veteran's Day (Celebrated)

Remembrance Day In Canada Veteran's Day

Elizabeth Cady Stanton, Women's Rights Leader, was born in

Mom's and Dad's Day Vietnam Veterans Memorial was dedicated in 1982

Young Reader's Day National Clean Out Your Refrigerator Day

14

America Recycles Day Pack Your Mom Lunch Day

15

Jean Fritz born, 1915 Fall of the Inca Empire (1533) Button Day

16

Homemade Bread Day Lewis & Clark Reached Pacific, 1805 Take A Hike Day

18 Antarctica discovered in 1820 William Tell Day

19 Gettysburg Address Delivered in 1863 by President Lincoln

Prime Minister Indi-

ra Gandhi in 1917