

Veggie Burger Recipe from Old Capital Food Company

8 oz firm tofu
1/4 cup packed grated carrot
3/4 cup packed, grated zucchini
1 Tbsp olive oil or ghee
1/2 tsp finely chopped garlic
2 Tbsp finely chopped onion
1 tsp dried basil
1/2 tsp each of ground coriander, dry ground fennel
1/4 tsp each of dry ground mustard and paprika
1/3 cup whole wheat flour or barley flour
2 Tbsp finely chopped Italian parsley
3/4 tsp salt or to taste
freshly ground black pepper

1. Cut tofu, widthwise, into 1/4 inch slices; lay them between several layers of paper towel. Press out moisture.
2. Press moisture out of carrot and zucchini in a similar manner.
3. Heat oil (or ghee) in a pan on low heat. Add garlic, onion, and herbs. Cook for 30 seconds. Add carrot and zucchini, and cook for 3 minutes.
4. Put the spiced veggies, flour, and parsley into a food processor, pulse until just combined and crumbly, not a paste, Break tofu into pieces into the processor; add salt and pepper. Pulse a few more times to combine, but remain crumbly. Form into 5 patties, or 1 inch balls (about 20), or 1 inch balls (about 20).