

# Better Burgers

## Ingredients

- 2 3/4 c. water
- 2 T. \*natural soy sauce
- 1 medium onion, chopped
- 1/2 t. garlic powder
- 1/2 t. salt
- 1 t. Italian seasoning
- 1/2 c. chopped nuts (opt.)
- 2 1/2 c. quick oats

## Instructions

1. Bring to boil all ingredients except nuts and oats.
2. Remove from heat and stir in nuts and oats.
3. Let sit until liquid is absorbed. (5-10 minutes)
4. Form into patties and fry in small amount of oil or bake at 350° for about 30 minutes.

*These burgers taste delicious on a bun with all the fixings! They freeze well too.*

**\*Natural Soy Sauce Recipe** *Adapted from Something Better, a Natural Foods Cookbook by Amazing Facts*

To 1 1/2 c. water add 3/4 t. salt, 1 t. molasses, 10 uncooked black beans, 1 garlic clove and any other leftover vegetables you may have like carrots, onions, broccoli, celery or spinach. Bring to a boil. Reduce heat and boil gently, uncovered, for 30 minutes. Strain out the veggies and use the broth as a natural soy sauce. Keep refrigerated. Freeze in small containers for future use. Since this isn't as salty as regular soy sauce, adjust the salt in recipe to your taste. Much healthier and a tasty alternative to soy sauce!

### An Interesting Comparison

**\*Per 1 burger (this recipe)**  
86 calories  
2 g fat

**McDonald's Big Mac**  
540 calories  
28 g fat

*“Let the table be made inviting and attractive, as it is supplied with the good things which God has so bountifully bestowed. Let mealtime be a cheerful, happy time. As we enjoy the gifts of God, let us respond by grateful praise to the Giver.” Counsels on Diets and Foods 231*