# TVP Veggie Burger Patties

## Ingredients

- 1 cup Textured Vegetable Protein (TVP)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon beetroot powder (for natural color)
- 3 tablespoons nutritional yeast
- 1 cup water
- Soy sauce (to taste)
- 1 tsp Blackstrap molasses (to taste, for depth and color)
- Cooking oil (for frying)
- 2 tsp Methylcellulose – food grade

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## Method

1. **Mix Dry Ingredients**
   In a bowl, combine the TVP, onion powder, garlic powder, methycellulose, beetroot powder, and nutritional yeast. Mix well.
2. **Hydrate & Season**
   Add the water, a splash of soy sauce, and a small amount of blackstrap molasses. Stir until the mixture is fully hydrated and thick enough to hold together.
3. **Form Patties**
   Using your hands, shape the mixture into evenly sized burger patties. Press firmly to ensure they bind well.
4. **Pan-Fry**
   Heat a small amount of oil in a pan over medium heat.
   Fry the patties for **3–4 minutes per side**, until golden brown and slightly crisp on the outside.
5. **Drain & Rest**
   Remove from the pan and place on a paper towel briefly to absorb excess oil. Allow patties to rest for 1–2 minutes before serving.

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## Serving Ideas

- Serve on burger buns with fresh vegetables and sauce
- Add to wraps or grain bowls
- Top with sautéed onions or mushrooms

# Veggie Meat

## Ingredients

- 1 cup boiled chickpeas (well drained)
- half cup boiled black beans (well drained)
- 1 cup vital wheat gluten
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 3 tablespoons nutritional yeast
- 2–3 tablespoons oil
- Water or vegetable broth (as needed)

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## Method

1. **Mash the Beans in food processor**
   In a bowl, mash the chickpeas and black beans together until mostly smooth but with a little texture remaining.
2. **Season the Mixture**
   Add garlic powder, onion powder, paprika, and nutritional yeast. Mix thoroughly.
3. **Add Gluten**
   Sprinkle in the vital wheat gluten and mix until combined. Add oil and a small amount of water or broth gradually until a firm, elastic dough forms.
4. **Knead Briefly**
   Knead the mixture for **2–3 minutes** to develop structure. Do not over-knead.
5. **Shape**
   Shape into logs, cutlets, cubes, or patties depending on intended use.
6. **Cook**
   - **OR Steam (firmer texture):** Steam for **30 minutes**, then cool before slicing and pan-frying if desired.

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## Serving Ideas

- Slice for sandwiches or wraps
- Cube for stews and stir-fries
- Season further for chicken-style, beef-style, or spicy veggie meat

NB: The recipe can be altered based on the size of the people you are preparing for.

# Thalia’s Creamy Cashew Cheese Sauce

## Ingredients

- 2 cup cashew nuts (soaked 4–6 hours or overnight, then drained)
- 3 tablespoons nutritional yeast
- 2 tablespoons lemon juice
- 2 tablespoon apple cider vinegar
- Salt to taste
- ½–¾ cup water (for blending, adjust to thickness)

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## Method

1. Place the soaked cashews in a blender.
2. Add nutritional yeast, lemon juice, apple cider vinegar, and salt.
3. Add water gradually and blend until smooth and creamy.
4. Adjust seasoning and thickness as desired.

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## Uses

- Pasta and lasagna sauce
- Nacho and burger topping
- Vegetable dip
- Mac & cheese base