

## ***Almond Veggie Burger***

Here is a meat substitute that is easy to make using almonds and a blender.

In a blender put

**2 cups water**

**1/2 medium onion.**

**1 clove peeled garlic**

**1/2 tsp salt**

**1 tablespoon of imitation chicken seasoning**

**(Health food store in bulk)**

**1 cup almonds**

**Blend until well blended**

**In a nonstick large saucepan pour in blended mixture and**

**2 cups of Bulgur wheat**

**(Health food store may be in bulk)**

**Cook for 20 minutes on medium heat stirring often so it doesn't burn.**

**Then oil a cookie sheet and spread on bulgur mixture.**

**Bake at 250 degrees for 1 hour.**

**You can use this in place of ground meat for tacos, chili, lasagna and enchiladas.**

**Freeze the extra in Ziploc bags for later use.**