

# LLBN Recipes

## By Najwa Medina

### Vegeburger Patty

*Loma Linda University*

**Servings: 12**

*Servings are 3 ounces.*

*Vegetarian*

1 1/4 pounds	Vegeburger, Vibrant Life
1/16 pound	Onion, Yellow Fresh, chopped
1/16 pound	Margarine
2/3 pound	Egg, frozen
1/8 tablespoon	Beef Seasoning
1/8 tablespoon	Brewer's Yeast
1/8 tablespoon	Garlic Powder
1/16 tablespoon	Salt
1/8 cup	Soy Sauce
5/8 pound	Bread Crumbs

1. Saute onion in margarine with all the seasonings.
2. Mix into the vegeburger.
3. Add eggs and bread crumbs.
4. Mix well for 45 minutes.
5. Use a #12 scoop to portion.
6. Grill.

*Per Serving (excluding unknown items): 102 Calories; 3g Fat (25.7% calories from fat); 3g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 390mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat*