



No-Meat Burgers



INGREDIENTS

12 oz plant-based meat
1 tbsp plus 1 teaspoon gourmet burger seasoning, divided
¼ cup Hy-Vee tomato ketchup
Hy-Vee canola oil, for brushing
2 Hy-Vee Bakery sesame seed hamburger buns, split and toasted
Desired add-ons: lettuce leaves, tomato slices, white onion rings, dill pickle slices, and mayonnaise

PREPARATION

- 1 Combine plant-based meat product and 1 tablespoon burger seasoning in medium bowl; let stand at room temperature for 5 minutes. Stir together ketchup and remaining 1 teaspoon burger seasoning in small bowl; set aside.
- 2 Form plant-based mixture into two 4-inch round patties. Lightly brush a grill pan with oil; heat over medium-high heat. Cook patties 8 to 10 minutes or until 165°, turning halfway through.
- 3 To assemble sandwiches, spread 2 tablespoons ketchup mixture on each bun bottom. Top each with lettuce, burger, and other desired add-ons. Spread mayo on bun tops, if desired, and place on top to enclose sandwiches.

NUTRITION FACTS

Calories: 690
Total Fat: 30g
Saturated Fat: 13g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 2920mg
Carbohydrates: 71g
Fiber: 7g
Sugar: 13g
Protein: 35g