

Fast Food Volume 2: Burgers & Fries

The Main Ingredients

Every burger has five main ingredients

- Beans
- Oats
- Brown Rice (or other Starchy Vegetables/Intact Whole Grains)
- Tomatoes (or a liquid for moisture)
- Spice(s)

The Basic Burger Recipe – makes 4-5, 125-150 cal each, 25-30 cents each

- 1 14 oz. Can No Salt Added Kidney Beans (always the basic bean)
- ½ Cup Rolled Oats (rolled oats are steamed in production)
- ½ Cup Cooked Brown Rice
- 2 TB (heaped) Canned Diced Tomatoes No Salt Added
- 2-3 TB (or more) Spice (No Salt Added Seasoning)

May add frozen peas, corn, potatoes, spices, etc. for flavor, color, texture. You choose!

- 1) Mash kidney beans by hand with a potato masher (do not use a blender or food processor)
- 2) Add in the remaining ingredients and mix thoroughly.
- 3) Divide into 4 or 5 equal parts (1/4-1/3 cup) and shape each part into a burger.
- 4) Let sit for a few minutes in the refrigerator to set.
- 5) Grill (or broil) on each side till golden brown, or cook in dry nonstick skillet at ¾ heat. Cover loosely with lid while cooking.

By following the basic recipe and varying the beans, the starch, the moisture and/or the spice, we can come up with dozens of varieties of burgers.

The Burgers Variations

When making any variation, *always make a double batch*. When doing so, the second can of beans can be any other bean but for best results, make sure at least one can is kidney beans as they seem to produce the best burgers. Also, the second starch can be changed to almost any other cooked whole starch, such as sweet potato, quinoa, buckwheat, etc. but always make sure to include the oats, as they are the best binder.

Mexican Burger

- 1 14 oz. Can No Salt Added Kidney Beans
- 1 14 oz. Can No Salt Added Pinto Beans
- 1 Cup Rolled Oats
- 1 Cup Cooked Brown Rice
- 4 TB Salsa
- Mexican Seasoning Blend (No Salt Added), Garlic Powder, Chili Powder

Curry Indian Sweet Potato Burger – cook at ½ heat because potato makes burger cook faster

- 1 14 oz. Can No Salt Added Kidney Beans
- 1 14 oz. Can No Salt Added Garbanzo Beans
- 1 Cup Rolled Oats
- 1 Cup Cooked Sweet Potato
- 4 TB Diced Tomatoes, No Salt Added
- 1-4 tsp Curry Powder, Garlic Powder optional

Italian Burger/Meatball – can make into meatballs for pasta or a meatball sandwich

- 1 14 oz. Can No Salt Added Kidney Beans
- 1 14 oz. Can No Salt Added Cannellini Beans
- 1 Cup Rolled Oats
- 1 Cup Cooked Brown Rice
- 4 TB Diced Tomatoes No Salt Added
- 4-6 tsp Italian Seasoning (No Salt Added), Garlic Powder

Southwest Black Bean and Corn Burger

- 1 14 oz. Can No Salt Added Kidney Beans
- 1 14 oz. Can No Salt Added Black Beans
- 1 Cup Rolled Oats
- 1 Cup Cooked Brown Rice
- ½ Cup Corn Kernels
- ½ Cup No Salt Added Black Beans
- 4 TB BBQ Sauce (he likes Robbie's brand – fat free, low sodium, some sugar) or 2 TB BBQ Sauce and 2 TB Fire Roasted Diced Tomatoes
- 1 tsp Smoked Paprika

Kasha (Buckwheat) Burger – Buckwheat is a Gluten Free grain.

- 2 14 oz. Can No Salt Added Kidney Beans
- 1 Cup Rolled Oats
- 1 Cup Toasted Buckwheat* (prefer med-coarse cut)
- ½ Cup-1 Cup (Water Sautéed) Grilled Onions**
- 4 TB Canned Fire Roasted Diced Tomatoes No Salt Added
- 2 tsp or more Granulated Garlic

*Toasting Buckwheat – Toast in a dry skillet that is 2/3-3/4 heat level for 3-4 minutes. Keep stirring it. When toasted, add 2 c water, stirring. Buckwheat will absorb it quickly. Now it is ready to use.

**Sautéing Onions – Using frozen chopped onions, steam/sauté onions in a nonstick skillet on high heat with a tiny bit of water (2 drops or so). May use raw chopped onions as well in a medium skillet with a bit more water.

Breakfast Burger/Patty

- 2 14 oz. Can No Salt Added Kidney Beans
- 1 Cup Rolled Oats
- 1 Cup Cooked Brown Rice
- 4 TB Diced Tomatoes (No Salt Added)
- 2 tsp Poultry Seasoning (with Fennel & Sage) or Home Made Sausage Seasoning
- Garlic Powder

Home Made Sausage Seasoning

- 1/4 tsp ground sage
- 1/8 tsp dried thyme
- 1/8 tsp ground savory
- 1/8 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp Fennel Seeds, crushed

Falafel Recipe

- 1 14 oz. Can No Salt Added Kidney Beans
- 1 14 oz. Can No Salt Added Garbanzo Beans
- 1 Cup Rolled Oats
- 1 Cup Cooked Brown Rice
- 4 TB Canned Tomatoes Diced No Salt Added
- 2 T. Toasted Sesame Seeds
- 2 T Garlic Powder, 2 T Onion Powder
- 1 tsp Parsley, 1 tsp Mint

Form into smaller, flatter rounds. Sprinkle/press sesame seeds on top of the falafel rounds. Cook on 2/3-3/4 heat level.

Condiments & Toppings

- Lettuce (leaf, red leaf, Bibb, Boston, romaine, etc.)
- Sprouts
- Sliced Tomato
- Sliced Cucumber
- Sliced Red Onion
- Buns

Condiments – (Look for no salt &/or sugar added varieties)

- Mustard (Westbrae No Salt Added)
- BBQ Sauce (he likes Robbie's, fat free, low sodium, some sugar)
- Salsa (he likes Enrico's. We like Ugly Dawg, lower sodium than most)
- Ketchup

Salt-Free Ketchup

- 1 6-oz. can no-salt-added tomato paste
- 1 half of an apple diced (with or without skin)
- 1/3 cup water
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano

Directions: Combine all ingredients in a high-speed blender until smooth.

Recipe by Cathy Fisher

Find more recipes by Cathy Fisher at www.StraightUpFood.com/blog Follow on Facebook at <https://www.facebook.com/StraightUpFood1>

Bread Options

- Food 4 Life
- Ezekiel 4:9
- Sprouted Bread
- Low Sodium Sprouted Bread
- Muffins
- Hamburger Buns
- Pita Bread
- Alvarado Street
- (Same as above)

Baked "Steak" Fries Basic Recipe

- Scrub several potatoes and poke a few holes in them with a fork. (Oblong potatoes work best.) Russets/Idaho's, Yams, Yellow sweet potatoes, etc.
- *Bake the potatoes at 350 F for about an hour (depends on size) and let cool or use already cooled potatoes.
- Cut the potatoes in half lengthwise. Wet knife-blade each time with cold water. (Important step)
- Cut each half into halves or thirds again lengthwise depending on the size - wedges.
- Lay each potato down on a cookie sheet with the *skin side down*.
- Turn broiler on.
- Broil the potatoes till golden brown, 3-5 minutes. Watch so they don't burn!

*Our note - You may also "bake" potatoes in a "potato bag" in the microwave. A bag usually holds 2-3 large potatoes. The cooking time is about 6-8 minutes in a full strength microwave. If you use this method, be sure to read the instructions on the "potato bag". Most say "Do NOT poke holes in the potatoes or cut them prior to cooking this way". These bags are available in many cooking stores or online.

Variations

By changing the type of potato (sweet, golden, red, etc) and by adding a different type of seasoning, you can make many variations of the Baked Steak Fries. Here are a few examples

Baked Garlic Steak Fries – use Idaho/russets

- Sprinkle garlic powder on the potatoes before broiling.

Baked Mexican Steak Fries – use Idaho/russets

- Sprinkle chili powder on the potatoes before broiling.

Baked Cinnamon Sweet Potato Steak Fries - use orange sweet potatoes/yams

- Sprinkle cinnamon or pumpkin pie spice on sweet potatoes before broiling.

Baked Curried Sweet Potato Steak Fries – use yellow sweet potatoes

- Sprinkle curry powder on sweet potatoes before broiling.

Glenn's Baked "Steak" Fries – not on the video, but what we do.

- Pre-heat oven to 420 degrees.
- Scrub several potatoes. (Oblong potatoes work best.)
- Cut the potatoes into wedges/slices the size you want lengthwise.
- Place in a bowl and cover with room temperature water. Let potatoes sit for 15-20 minutes.
- Drain wedges/slices and allow them to dry slightly.
- Lay each wedge/slice down on a cookie sheet covered with parchment paper or a silpat sheet, with the *skin side down*.
- Sprinkle with desired seasonings, or leave plain.
- Bake potatoes for 20-30 minutes or until brown on top.
- Serve with your favorite condiments for dipping! Try homemade or low sodium catsup/ketchup!

Note: if you choose to bake the potatoes with various seasonings as shown above in the Basic Fries Variations, sprinkle these seasonings on the potatoes before baking.