

MEALTIME HELPER

MAKING MEALTIME EASY

Veggie Burger - Shopping List

- **Canned & Beans**

- 1 can (15 oz / 425 g) chickpeas or black beans (drained & rinsed)

- **Grains & Binders**

- 1 cup cooked brown rice, quinoa, or cooked oats (or 1/2 cup dry to cook)

- 1/2 cup breadcrumbs or panko (GF if needed)

- 1 tbsp ground flaxseed (if making flax "egg")

- **Produce**

- 1/2 cup grated carrot (or 1 small carrot)

- 1/2 cup onion (or 2 tbsp shallot)

- 2–3 garlic cloves

- 2 tbsp fresh parsley, cilantro, or chives (optional)

- Burger toppings: lettuce, tomato, pickles, sliced red onion, avocado (optional)

- **Pantry & Seasonings**

- 2 tbsp soy sauce or tamari (or 1 tsp salt)

- 1 tsp smoked paprika (or regular paprika)

- 1/2 tsp ground cumin

- 1/4 tsp black pepper

- 1/2 tsp chili flakes (optional)

- **Oils & Cooking**

- 2–3 tbsp olive oil or neutral oil (for frying)

- **Eggs & Alternatives**

- 1 large egg (optional; omit if using flax "egg")

- **Buns & Extras**

- 4 burger buns (or lettuce for wraps)

- Cheese or vegan cheese (optional)

- Ketchup, mustard, mayo or aioli (for serving)

- **Optional mix-ins (pick any)**

- 1/4 cup corn

- 1/4 cup mushrooms, chopped

- 1 tbsp nutritional yeast

- 1 tbsp tahini

Notes:

- If using flax egg: mix 1 tbsp ground flaxseed + 3 tbsp water (let sit 5 minutes).
- Quantities for toppings and optional mix-ins depend on preference.