

15 OCT 2021  
CUBAN Black-BEAN BURGER serves ①

Sauté in olive oil + butter, make a 3-4" patty  
til brown on both sides

3T. Black BEAN flour

1T. brown RICE flour

1t. dried ONION

1/4t<sup>+</sup>: CUMIN; OREGANO (if no fresh avail. dried CILANTRO)

DASHES: GARLIC Granules; SALT; Bk. PEPPER

1T Fresh minced: (Green) Bell PEPPER; CARROT.

2<sup>+</sup>T. hot WATER, 1/2t. Olive Oil. Blend ALL to a slightly sticky "dough". Shape & Sauté.

SERVE over a bed of sautéed veggies, flavored gently in like fashion

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BEAN-South-of-the-Open-Border BURGER

Sauté til browned. makes a 3-4" patty serves ①

3T. Black BEAN or PINTO BEAN flour <sup>or mix</sup>

1T. Corn flour or MASA flour 20 OCT 2021

1t. dried ONION or CHIVES → nicer color

1/4t<sup>+</sup>: CUMIN; Chili Powder; OREGANO

DASH: Garlic Granules; SALT; Black PEPPER.

1T<sup>+</sup> minced Fresh: CARROT; Bell PEPPER

2T<sup>+</sup> hot WATER, 1/2t. Olive Oil. Blend all into slightly sticky "dough" and Pan-sauté in 1/2t. olive oil 1/2t. butter

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23 OCT 2021  
Indian-Spice Bean BURGER serves

Sauté til brown on both sides. Makes a 3-4" patty ①

3T. Garbanzo flour

1T. Brown RICE flour

1/2t<sup>+</sup> CURRY Powder or your home-blend

1/2t<sup>+</sup> dried CHIVES

1-2 Dashes CLOVES, 3-4 Dashes GINGER powder

Dashes SALT & Black PEPPER

1T<sup>+</sup> minced CARROT

2T<sup>+</sup> hot WATER, 1/2t. Coconut OIL. BLEND All to a slightly sticky "dough". Sauté in Ghee, coconut oil blend.

SERVE over "bed" of sautéed Shredded CABBAGE & CARROTS

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24 OCT 2021  
Italian BEAN BURGER serves ①

makes one 3-4" patty

3T. BEAN flours (Lentil, Garbanzo, Pinto)

1T. RICE flour, brown or white

Dash: GARLIC granules; SALT; Black PEPPER;

OREGANO; BASIL; fine PARMESAN cheese.

1-2T<sup>+</sup> minced ONION & Bell PEPPER

2T<sup>+</sup> Hot WATER; 1/2t. Olive OIL. Blend ALL and

Shape into "patty".

SAUTE in ≈ 1t. olive oil or BUTTER til brown on both sides

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### Taste-of-Asia Veggie-BURGER <sup>25 OCT 2021</sup> serves 1

Sauté til well browned makes 3"-4" patty  
Serve on bed of stir-fried veggies

3T. Great Northern BEAN Flour

1T. brown RICE Flour

1/2t. dried CHIVES or fresh!

1/4t. GINGER Powder

Pinch GARLIC granules

" CAYENNE if desired

2T. Hot WATER; 1T. Soy Sauce; 1T. smooth Peanut Butter  
1/2t. Sesame Oil. Blend to slightly sticky dough.

25 OCT 2021

serves 1

top w/ crushed peanuts +  
sprinkle on SOY Sauce  
2T +/- minced CARROT  
each ONION  
Bell PEPPER

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### Boston-Baked-Bean BURGER <sup>30 OCT 2021</sup> makes a 3-4" patty serves 1

3T. White BEAN flour

1T. brown RICE flour

Dash each: SALT, coarse BLK. Pepper, Garlic Granules

1/8t. Dry MUSTARD 2T. + minced ONION

1/2t. - 1t. MOLASSES

2+T. Hot WATER

Mix ALL; Shape, Pan Sauté in 1t.

BUTTER + OLIVE OIL. SERVE w/

**BBQ MAYO:** 1 part Mayo, 1 part BBQ, Mustad.

30 OCT 2021

serves 1

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### All-AMERICAN Veggie BURGER <sup>28 & 29 OCT 2021</sup> makes a 3-4" patty serves 1

1T. Red LENTIL or PINTO; White; Black;  
FLOUR fine CORN flours (Total of 4T = 1/4c.)

2T. +/- (finely chopped) grated CHEDDAR Cheese

1T+ finely minced ONION, 1/2t. dried CHIVES

Pinch or 2 finely shredded LETTUCE (Yes! seriously!)  
SALT + BLK. PEPPER to taste

1T+ hot WATER, 1T+ Ketchup Blend ALL

to a slightly sticky "dough"; SHAPE, +

Sauté til brown on both sides in BUTTER.

Serve w/ "Hamburger-toppings" Side Salad.

28 & 29 OCT 2021

serves 1

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### BEAN BALLS (for spaghetti or pizza?) <sup>Flatten + Pan Sauté.</sup>

1T. brown RICE flour 5 mins = 1 serving

1 1/2T. Black BEAN flour

1 1/2T. White BEAN flour

1/4t. each: OREGANO, THYME

Dash each: SALT, GARLIC Granules

1T. each: minced ONION, BELL PEPPER, MUSHROOMS,

PARMESAN Cheese 30 OCT 2021

2T+ Hot WATER, Splash OLIVE OIL

roll "dough balls" in 1/2t. each mixture

of W.W. flour + Parmesan Cheese

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31 OCT - 3 NOV? 2021

# Jamaican Jerk Veggie BURGER

makes a 3-4" patty **Serves 1**

3 T. White BEAN flour

1 T. Popcorn flour or MASA flour

1 T. Jerk-Seasoning

1 T. each minced CARROT and 1 T. minced ONION  
minced fresh GARLIC to taste

WET: 1 T. Hot WATER, 1/2 T. Soy Sauce  
dash Lime Juice, dash Kitchen Bouquet

SAUCE/Topping: Mayo + Mustard + salt + Peppers

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4 NOV 2021

# NUT-BURGER (Keto-friendly)

(Very moist burger. Doesn't "need" sauce) **Serves 1**

3 T. ALMOND flour

1 T. crushed PECANS

1 T. finely crushed BBQ PORK RINDS

1 T. Golden FLAX Meal  
1/8 T. Xanthan GUM (or More) } for cohesion

1-2 T. minced ONION 1 T. minced ROOM MUSH

"Head Country Seasoning" or other fav

2 T. + Hot WATER + BBQ Sauce (combo)

Mix ALL + pan sauté in 1 T. fat

Shape into one 3-4" patty

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6 nov 21

# Keto Cinnamon Scones **Serves 1**

Bake @ 350° for 8-12 min makes 4 mini-scones

2 T. Almond flour/meal

1 T. Flaxseed meal

1 T. Coconut Flour

1/4 T. + Cinnamon

Dash CLOVES **6 NOV 2021**

1/8 T. Xanthan Gum

1/2 T. + Baking Powder

Blend ALL Dry Ingredients; Make a "well"  
ADD Wet Inged. blend to soft dough.

WET: 1-2 T. heavy CREAM  
Dash Vanilla  
1 T. Molasses

Roll dough balls in: 1 T. Sugar to Dashes Cinnamon (You'll have some leftover)

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# ★ COCONUT FLAVOR ★ eek!

## Lentil- + Brown rice-flour Nuggets

14 OCT 2021 **Serves 1**

1 Tbl. Lentil flour

1 T. Brown rice flour

1 T. coconut flour

1/8 T. Xanthan gum

Pinch Salt

2 T. hot water

olive oil.

Italian herb blend  
Garlic granules

(Coconut predominates)  
Use flax meal or other.

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