

Artistic Vegan Show #3

Burgers on a Homemade Bun with Sweet Potato Fries



Vegan Burger – Listed for 2 Burgers with a Double Batch on the Right.

- 1/4 Onion Diced
- 1/2 Cup Mushrooms Diced
- 3/4 Cup Pre-cooked Black Beans
- Oil to saute or vegetable broth
- 1/2 Clove Garlic
- 1 tsp Dijon Mustard
- 1/4 tsp Salt, Pepper and [Beet Powder](#)
- 1/2 tsp Paprika
- 1/4 tsp Liquid Smoke (Mine was Hickory Flavor)
- 2 tsp Tapioca Starch
- 1/2 tsp Psyllium Husk
- 1 tsp Nutritional Yeast
- 1/2 Cup Walnuts

- 2 tsp Coconut Oil or Vegan Butter
- 1 tsp Coconut Sugar
- 1 ¼ Cups Gluten Free Oats Ground in a food processor until the consistency of quick oats.

Peaceful Preparation:

1. Heat a non-stick skillet over medium to medium-high heat, add some oil or vegetable broth. Add the onions and cook for 2-3 minutes until fragrant and soft. Add the mushrooms and cook for another couple minutes. Add the minced garlic, and mix together. Add the black beans and mix.
2. Season with the salt, pepper, paprika, beet powder and liquid smoke. Mix and remove from heat.
3. In a food processor combine all of the ingredients including the black bean mixture. Process until it moves together as one unit, swirling around the blade, scraping down the sides as needed. Form into two large patties, pressing the center down ¼” deeper than the sides. Place on a hot non-stick skillet lightly greased and cook for 5 to 6 minutes, once seared, flip and cook for another 5-6 minutes. At this point you can add some vegan cheese or sauce etc. Serve as you please, on a bed of lettuce, on a bun or in any number of ways. Enjoy!



Buns for Everyone! Free of Yeast, Oil, Dairy and Gluten!

- 1/4 Cup Dairy Free Milk
- 1/4 Cup Warm to Hot Water
- 1 tsp Apple Cider Vinegar
- 1 1/2 Cups Gluten-Free All Purpose Baking Flour (*I made 3 cups white rice flour mixed with 1 cup starch, and 1 tbsp gum; then pulled 1 1/2 cups out*).
- 1 tsp of Baking Soda
- 1 tsp of Baking Powder
- 3/4 tsp Salt
- 1/4 cup Unsweetened Applesauce (I used 1/4 cup [homemade](#))
- 1 Tbsp of Coconut Sugar
- Brush with Coconut Milk, Sprinkle with Chia Seeds

Directions:

1. In a medium bowl, combine 1 ½ cups of flour, 1 tsp of baking soda, 1 tsp of baking powder, a couple pinches of salt up, 1 tbsp coconut sugar and mix. Create a well.
2. Mix together the dairy free milk, hot water and vinegar in a small container and whisk together until it bubbles.
3. Add ¼ cup applesauce, and the milk mixture to the flour, the applesauce acts as an oil replacement.
4. With greased or wet hands knead for 6-8 minutes, until the bread is smooth and supple. I found I had to wash my hands in-between and then re-oil to keep it going. Cover and rest for 5 minutes.
5. Return, with greased or wet hands divide the dough into 4 buns or 2 large buns. Bake at 350 for 15-25 minutes.
6. You will know it is done when it is golden, remove it from the oven, carefully flip it over, tap the backside, if it sounds hollow it is done. Cool completely, slice and serve. Store in a bag on the counter for a few days and or freeze.

Notes:

Our oven operates hot so it baked at 400°F for 12-15 minutes.

Sweet Potato Fries:

- 2 Sweet Potatoes – Peeled and Sliced into Wedges
- Salt, Pepper, Paprika and Cayenne to Taste

Directions:

1. Place the peeled and sliced sweet potatoes in a small pot of salted water. Bring to a boil and cook for a couple minutes until you can pierce them with a fork, yet they are not breaking.
2. Remove from heat, drain, season, transfer to a pan lined with parchment paper or lightly greased.
3. Bake at 450 to 500 degrees F until nice and puffy and golden. I'd say about 20 minutes. Our oven gets up to 500 degrees so they cooked pretty quickly

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Also my book with over 150 Vegan + Gluten-Free recipes, it is a HUGE cookbook filled with bright pictures and healthy plant-based recipes made from scratch.
<http://www.artisticvegan.com/the-artistic-vegan-cookbook.html>

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