

## **BBQs, Picnics and Salads – Class 1**

### **Vegan Barbecue Food**

#### **Black Bean Burgers**

Makes 6 moderate burgers, or 4 large ones

Ingredients:

- 2 slices of wholewheat toast (or 1 cup breadcrumbs)
- 1 small onion – chopped
- 1 cup cooked brown rice
- 2 cups black beans
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 2 tablespoons ketchup
- ¼ cup potato powder (or more)

Preheat the oven to 350 F, or warm up the grill.

Put the wholewheat toast into a food processor and process until you have even breadcrumbs.

Measure 2 cups of the breadcrumbs. Discard the rest.

Put all the remaining ingredients except the potato powder into a Food Processor. Pulse and mix until well combined. Transfer the mixture into a large bowl, and sprinkle in the potato powder, kneading it into the mixture until you have a soft dough. Add as much powder as needed so that it holds together well.

Split the mixture into 6 balls, rolled in your hand, then flatten them to the thickness desired. If cooking in an oven, place them on a baking tray, sprayed with oil to prevent sticking. Bake for about 12 minutes, then turn over and bake for 10 more minutes. Cooking times on the grill will depend on the heat of the grill. Spray the grill with oil first to prevent sticking. Turn over the patties when lightly browned, to brown on both sides.

Serve alone, with salads, or as a traditional burger in a bun with all the fixings.

#### **Marinated Mushrooms**

Ingredients:

- 6 Portobello mushrooms
- 1/3 cup balsamic vinegar
- 1 tablespoon canola oil, plus extra for grilling

- 1 tablespoon low sodium soy sauce (eg Tamari)
- 1 tablespoon dried herbs (eg. rosemary or basil)
- 1 teaspoon garlic powder
- ½ teaspoon black pepper

Remove the stems of the mushrooms (you can cook the stems separately with other vegetables), and wash, rubbing your thumbs over the upper surface to remove any dirt. Place them in a large shallow bowl.

Mix the marinade ingredients in a small bowl. Pour over the mushrooms, and allow the excess to sit in the upturned mushrooms and soak in. Allow to marinate for 10-30 minutes.

Heat up the grill, or a large skillet over a medium heat. Brush the grill with oil to prevent sticking. Cook the mushrooms for 3-4 minutes on each side, brushing with the excess marinade as they cook.

Serve as an alternative burger, or as a topper to a black bean burger, on a bun with the usual fixings. Or eat it without the bun, alongside various salads.

## Carrot Hot Dogs

### Ingredients

- 6 straight carrots, peeled
- ½ cup soy sauce
- ½ cup apple cider vinegar
- ½ cup water
- 2 tablespoons maple syrup (or other liquid sweetener)
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- ½ teaspoon ground black pepper
- Whole wheat hot dog buns, plus fixings

Peel carrots and trim the ends. Using a large pot that will hold the carrots full length, bring water to the boil and immerse the carrots. Simmer until they are just fork tender – cooking time may vary but allow 20 minutes.

Mix all the marinade ingredients together in a small bowl. Place the cooked carrots in a large ziplock bag, and pour over the marinade. Ensure the carrots are covered in the marinade and keep in the fridge for 24 hours.

The next day, drain the carrots and cook them on the grill or in a skillet (spray with oil to prevent sticking), turning until golden brown all over. Serve in a hot dog bun with ketchup, mustard etc as desired.