

Veggie Burgers Every Which Way

James McNair, Jeffrey Starr

Veggie Burgers Every Which Way, Second Edition Lukas Volger, 2023-06-06 Veggie burgers like you've never seen them before—everyday ingredients assembled into extraordinary burgers for every craving and occasion Goodbye, frostbitten freezer patties and mysterious faux meats. Hello, Spicy Peanut and Carrot Burgers, Chipotle Black Bean Burgers, Seitan Burgers with Mango BBQ Sauce, and even Beet “Tartare”! In this exciting new edition of his acclaimed first cookbook, Lukas Volger conjures fresh produce, beans, and grains into even more delicious veggie burgers, sliders, and sides. Eating your vegetables has never been so satisfying.

Veggie Burgers Every Which Way Lukas Volger, 2012-03-31 Tasty, Exciting, Inexpensive-Veggie Burgers Every Which Way! Whether you already subsist on veggie burgers, enjoy them occasionally, or ardently wish there was an alternative to the rubbery, over-processed frozen burgers sold in cardboard boxes, Veggie Burgers Every Which Way is the book for you—one you will want to cook from over and over again. Author Lukas Volger, who has been making and eating veggie burgers since he was a teenager, has assembled more than thirty unique, delicious veggie burger recipes including: Red Lentil and Celery Root Burgers Tofu and Chard Burgers Baked Falafel Burgers Thai Carrot Burgers Sweet Potato Burgers with Lentils and Kale Corn Burgers with Sun-Dried Tomatoes and Goat Cheese More than half the burger recipes are vegan and/or gluten-free, as are many of the extras, which include buns, sides, toppings, and condiments. Everyday ingredient choices ensure that all the burgers and extras are a breeze to assemble. The wide variety of tastes and flavors will excite every palate and suit every craving and occasion. And dozens of mouthwatering photographs leave no doubt that great-tasting veggie burgers can look spectacular, too!

Veggie Burgers Every Which Way, Second Edition: Fresh, Flavorful, and Healthy Plant-Based Burgers - Plus Toppings, Sides, Buns, and More (Second) Lukas Volger, 2023-06-06 Veggie burgers like you've never seen them before—everyday ingredients assembled into extraordinary vegetarian and vegan burgers for every craving and occasion Goodbye, frostbitten freezer patties and mysterious faux meats. Hello, Spicy Peanut and Carrot Burgers, Chipotle Black Bean Burgers, Seitan Burgers with Mango BBQ Sauce, and even Beet “Tartare”! In this exciting new edition of his acclaimed first cookbook, Lukas Volger conjures fresh produce, beans, and grains into even more delicious veggie burgers, sliders, and sides. Eating your vegetables has never been so satisfying.

Start Simple Lukas Volger,2020-02-18 From the veteran food writer and creator of the James Beard Award-winning Jarry magazine comes a simple yet innovative approach to vegetarian cooking. In Start Simple recipe developer and author Lukas Volger offers a radically new, uncomplicated, and creative approach to cooking that allows you to use what you already have on hand to make great meals you didn't think were possible. He shows you how magic can happen with just a few ingredients every home cook should keep on hand: sweet potatoes, tortillas, eggs, cabbage, hearty greens, beans, winter squash, mushrooms, tofu, summer squash, and cauliflower. Instead of shopping for individual recipes, you can combine and embellish these eleven building blocks to create endless variations. A protein (tofu, beans, eggs) is a foundation. A crunchy garnish (cabbage, greens) is a finishing touch. Once these structural components of a meal are established, you can throw in your own favorite flavors—mixing, matching, and adding ingredients to customize your dishes. While Start Simple is a vegetarian cookbook—none of the recipes include meat—Volger's approach transcends categories. Anyone can use his method to stock the pantry and fridge—and make sure they're never at a loss for a delicious, cost-effective meal.

Superiority Burger Cookbook: The Vegetarian Hamburger Is Now Delicious Brooks Headley,2018-06-05 Winner of the 2019 Art of Eating Prize With more than 90 mouth-watering recipes, Superiority Burger Cookbook lays bare the secrets of America's most talked-about vegetarian restaurant, in recipes as simple as they are irresistible. Along with recipes for a coterie of other delights—fresh, vegetarian, accidentally vegan, and always incredible—you'll find out why Superiority Burger in New York City's East Village is the hottest ticket in North America and the surrounding continents. Superiority Burger is a cozy counter hangout filled with affordable, innovative food that is a protest against the idea that extraordinary fare is the exclusive domain of the elite. Now you can bring its blueprint for rebel compassion and culinary sophistication into your home with this cookbook; a must-read for home cooks who want something delicious, new, and imminently within their reach. The book is divided into six flavorful sections—Sandwiches, Cool Salads, Warm Vegetables, Soups and Stews, Sweets, and Pantry Recipes—and reveals the recipes for some of the restaurant's favorites: the Sloppy Dave, Burnt Broccoli Salad, Russet Potato-Coconut Soup, Tahini Ranch Romaine Salad, and, of course, the now legendary Superiority Burger. Brooks Headley makes the best veggie burger I've ever had. —David Chang

Veggie Burger Atelier Nina Olsson,2018-02-13 The veggie burger of the future is here! Nourish Atelier's Nina Olsson is here to disrupt your assumptions of what a burger can be. Veggie Burger Atelier is your one-stop guide to making the most flavorful, beautiful, and delicious meat-free burgers you've ever experienced. Olsson shares her secret to the anatomy of the perfect veggie burger with considerations to texture, flavor, firmness, and juiciness. You will also learn substitutions that will let you veganize your burgers, or make them gluten-free. Veggie burgers have never been like this before! These veggie burgers are presented in incredible, full-color photography and with step-by-step instructions.

Veggie Burgers Every Which Way Lukas Volger,2010-01-01 Tasty, Exciting, Inexpensive'↵ ;Veggie Burgers Every

Which Way! Whether you already subsist on veggie burgers, enjoy them occasionally, or ardently wish there was an alternative to the rubbery, over-processed frozen burgers sold in cardboard boxes, Veggie Burgers Every Which Way is the book for you'—one you will want to cook from over and over again. Author Lukas Volger, who has been making and eating veggie burgers since he was a teenager, has assembled more than thirty unique, delicious veggie burger recipes including: Red Lentil and Celery Root Burgers Tofu and Chard Burgers Baked Falafel Burgers Thai Carrot Burgers Sweet Potato Burgers with Lentils and Kale Corn Burgers with Sun-Dried Tomatoes and Goat Cheese More than half the burger recipes are vegan and/or gluten-free, as are many of the extras, which include buns, sides, toppings, and condiments. Everyday ingredient choices ensure that all the burgers and extras are a breeze to assemble. The wide variety of tastes and flavors will excite every palate and suit every craving and occasion. And dozens of mouthwatering photographs leave no doubt that great-tasting veggie burgers can look spectacular, too!

The Best Veggie Burgers on the Planet, revised and updated Joni Marie Newman, 2019-07-23 Hold on to your buns, the burger revolution has begun! The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of flavor and fun with more than 100 daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics, too. In this revised edition of the original, you'll find more than 30 new recipes featuring healthier options, fewer processed ingredients, and more whole-food, plant-strong ingredients like jackfruit and aquafaba (plus icons for no added oil/salt/sugar, and even more gluten-free recipes!). You'll also find budget-friendly tips and tricks, a fast-food favorites" section that recreates iconic favorites from popular chains, updated techniques, and alternative cooking methods to include the slow cooker and air fryer. All of the recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Denver Omelet Breakfast Burger BLT with Avocado Burger Pulled Pork Sliders Inside-Out Sushi Burger Super Quinoa Burger Sesame Bean Banh Mi Burger Mac and Cheese Burger Split Pea with HAMburger Summer Squash Burger Korean BBQ Burger With The Best Veggie Burgers on the Planet, you'll find more than 100 ways of looking at burgers in a whole new way. Let's get this "patty" started!

The Best Veggie Burgers on the Planet Joni Marie Newman, 2011-05-01 Normal0MicrosoftInternetExplorer4 Hold on to Your Buns, the Burger Revolution Has Begun! The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of freshness and flavor, with more than one hundred daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics too. In fact, we're pretty confident they'd top the charts in any potluck popularity contest they might find themselves in. The incredible recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Sweet Caramelized Onion Burgers Korean BBQ Burgers Garlicky Ranch Potato Burgers

Jalapeño Cornbread Burgers Curried Chickpea and Broccoli Burgers Three Pepper Stir-Fry Burgers BLT and Avocado Burgers Black Bean Tamale Burgers with Mole Sauce Oktoberfest Kraut Burgers Sun-Dried Tomato and Artichoke Burgers With The Best Veggie Burgers on the Planet, you'll find 101 ways of looking at burgers in a whole new way. Let's get this "patty" started!

Vegetarian Entrees That Won't Leave You Hungry Lukas Volger, 2011-12-06 The author of *Start Simple* and *Bowl* "has shattered the protein/veg/sauce format that has shackled vegetarian food for decades" (Amanda Cohen, chef/owner, *Dirt Candy*). *Vegetarian Entrées That Won't Leave You Hungry* solves the riddle that challenges countless cooks every night: What can I make besides pasta, a stir-fry, or a veggie burger—with readily available ingredients and without too much fuss—for a filling and flavorful vegetarian main course? The 70 main-course recipes here are as wonderfully varied and delicious as those in Lukas Volger's first book, *Veggie Burgers Every Which Way*. Yet this is food that can be made every day—from pantry and refrigerator staples like grains, beans, noodles, eggs, and tofu, as well as a wide variety of fresh, seasonal produce that will give you tasty options all year round! Break free of your old dinner routine with easy entrées that coordinate with the seasons like *Summer Squash Gratin* and *Butternut Squash and Brussels Sprouts Galette*, recipes that draw on Southeast Asian cuisines like *Classic Pad Thai* and *Kimchi Stew*, and inventions that transform everyday ingredients into appealing new flavor combinations like Volger's *Curried Potato Crepe Stack*. With *Vegetarian Entrées That Won't Leave You Hungry*, you'll never be at a loss for a new dish for dinner. Also included are recipes for flavor enhancers and finishing touches—such as croutons, caramelized onions, roasted garlic, pestos, kimchi, and more—and over 15 informative features on "Vegetarian Kitchen Essentials," including *Five Salad Dressings*, *Five Easy Desserts*, *Cooking for One*, and *Hosting a Dinner Party*. "The beauty of Volger's approach lies in its simplicity, creativity, and portability." —Publishers Weekly

Vegan Burgers and Burritos Sophia DeSantis, 2017-11-07 Say goodbye to dry, boring and overly processed and hello to easy, fun and delicious veggie burgers and burritos from Sophia DeSantis. These next level veggie burgers and burritos are approachable for any chef, and Sophia's mind blowing flavor combinations are unlike any other you've ever had. All burgers and burritos are plant-based, gluten-free and refined-sugar free, and feature real, whole food ingredients, as well as side dish and sauce pairings. Excite your tastebuds and feel satisfied and nourished with the unique and internationally inspired combinations that bring to together flavors even meat eaters will enjoy. Recipes include *Smoky Hawaiian*, *Tangy Black Bean and Chiles* and *Curry burgers* to burritos like *Crispy Cauliflower "Fish"*, *Greek Orzo* and *Thai Burritos*. Sophia also includes notes on how to make some of the more exotic burgers and burritos accessible for kids and babies, and sauces like *Sriracha Mayo* and her coveted vegan sour cream recipe that she's been perfecting for years. This book features 75 delicious recipes and 75 mouth-watering photos.

[Minimalist Baker's Everyday Cooking](#) Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely

popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Veggie Meals Rachael Ray, 2001-05-15 Steamed, roasted, or sautéed, vegetables are taking center stage. If you, like many others, are looking for a source of robustly savored, easy veggie meals, this is the book for you. Originally published in 2001, VEGGIE MEALS offers hearty soups, main-course salads, comforting risottos, pastas, and Italian vegetable entrées, make-your-own Asian take-out, and versatile snack suppers, among other delights. Served as entrées or in a combination of side dishes, these are nutritious, meat-free meals that your families, even the kids, will love. Recipes were selected by popular demand (Rachael's fans are outspoken), and all meet Rachael's criteria that ingredients be fresh, readily available, and quick to prepare. Some top crowd-pleasers: Pumpkin and Black Bean Soup, Grilled Vegetable Platter with Crumbled Ricotta Salata, earthy Porcini Risotto, and zesty Portobello Pizza Burgers. Eat well and often!

Cool Beans Joe Yonan, 2020-02-04 Unlock the possibilities of beans, chickpeas, lentils, pulses, and more with 125 fresh, modern recipes for globally inspired vegetarian mains, snacks, soups, and desserts, from a James Beard Award-winning food writer "This is the bean bible we need."—Bon Appétit JAMES BEARD AWARD NOMINEE • ONE OF THE BEST COOKBOOKS OF THE YEAR: Food Network, NPR, Forbes, Smithsonian Magazine, Wired After being overlooked for too long in the culinary world, beans are emerging for what they truly are: a delicious, versatile, and environmentally friendly protein. In fact, with a little ingenuity, this nutritious and hearty staple is guaranteed to liven up your kitchen. Joe Yonan, food editor of the Washington Post, provides a master base recipe for cooking any sort of bean in any sort of appliance—Instant Pot, slow cooker, or stovetop—as well as creative recipes for using beans in daily life, from Harissa-Roasted Carrot and White Bean Dip to Crunchy Spiced Chickpeas to Smoky Black Bean and Plantain Chili. Drawing on the culinary traditions of the Middle East, the Mediterranean, Africa, South America, Asia, and the American South, and with beautiful photography throughout, this book has recipes for everyone. With fresh flavors, vibrant spices, and clever techniques, Yonan shows how beans can make for thrilling dinners, lunches, breakfasts—and even desserts!

Vegetarian Burgers Bharti Kirchner, 1996-05-08 Want a burger that's low in fat and cholesterol, high in nutrition and

fiber, and simply delicious? Try a veggie burger. Not the bland bean burgers of yore, these burgers offer a wide range of exciting flavors, textures, and ingredients that give America's favorite food a unique vegetarian twist, and an international flavor. Among the mouth-watering burgers presented here are: Beet and Mushroom Burgers--perfect for the summer grill; Peanut Burgers--which have a unique Indian accent; Teriyaki Tofu Burgers; and Shiitake-Stuffed Barley Burgers. In addition to serving suggestions, *Vegetarian Burgers* devotes entire chapters to creating side dishes and condiments that complement a meal of meatless burgers, featuring recipes for Sautéed Asparagus, Double Garlic Potatoes, Honey-Ginger Mustard, and Peanut Sauce. From the strictest vegans and vegetarians to the curious carnivore looking for a change of pace, all will find the recipes in this unique cookbook a necessary part of their cooking repertoire.

Burger Parties James McNair, Jeffrey Starr, 2012-07-11 Each year, thousands of cooks from coast to coast compete in Sutter Home Winery's Build a Better Burger® Recipe Contest. Ten of these creative home chefs are flown to Napa Valley each September to participate in the BBB Cook-Off, frequently shown on Food Network Challenge. *Burger Parties* marks the event's 20th anniversary with contest-winning burgers loaded with flavor-enhancing extras and party-ready menus bound to be a hit at any backyard bash. Whether you're in the mood for a Southwest fiesta, New Orleans jazz brunch, tropical patio get-together, or complete festa Italiana, this collection of all-inclusive, themed menus for burger-centric entertaining will delight your palate and your guests. Packed with more than 60 full-color photographs, James McNair and Jeffrey Starr showcase the new frontier in burgers with inventive recipes for Ocean State Swordfish Burgers Smoky-Sweet Bacon Burgers Pineapple Upside-Down Jerk Burgers Bouillabaisse Sliders Sweet-Hot Thai Burgers Little Italy Sausage Burgers Home on the Range Buffalo Burgers and loads more. *Burger Parties* features sixteen crowd-pleasing menus with recipes for prize-winning burgers, appetizers, sides, and desserts, plus wine and beverage pairings that are sure to inspire backyard grillers and frequent entertainers with new ways to spice up your gatherings.

No Meat Athlete Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of

all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

The Weekday Vegetarians Jenny Rosenstrach,2021-08-31 You don't need to be a vegetarian to eat like one! With over 100 recipes, the New York Times bestselling author of *Dinner: A Love Story* and her family adopt a "weekday vegetarian" mentality. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT AND TASTE OF HOME • "Whether you're vegetarian or not (or somewhere in-between), these recipes are fit to become instant favorites in your kitchen!" —Molly Yeh, Food Network host and cookbook author Jenny Rosenstrach, creator of the beloved blog *Dinner: A Love Story* and Cup of Jo columnist, knew that she wanted to eat better for health reasons and for the planet but didn't want to miss the meat that she loves. But why does it have to be all or nothing? She figured that she could eat vegetarian during the week and save meaty splurges for the weekend. *The Weekday Vegetarians* shows readers how Jenny got her family on board with a weekday plant-based mentality and lays out a plan for home cooks to follow, one filled with brilliant and bold meat-free meals. Curious cooks will find more than 100 recipes (organized by meal type) for comforting, family-friendly foods like Pizza Salad with White Beans, Cauliflower Cutlets with Ranch Dressing, and Squash and Black Bean Tacos. Jenny also offers key flavor hits that will make any tray of roasted vegetables or bowl of garlicky beans irresistible—great things to make and throw on your next meal, such as spiced Crispy Chickpeas (who needs croutons?), Pizza Dough Croutons (you need croutons!), and a sweet chile sauce that makes everything look good and taste amazing. *The Weekday Vegetarians* is loaded with practical tips, techniques, and food for thought, and Jenny is your sage guide to getting more meat-free meals into your weekly rotation. Who knows? Maybe like Jenny's family, the more you practice being weekday vegetarians, the more you'll crave this food on the weekends, too!

Dinner: A Love Story Jenny Rosenstrach,2012-06-19 Inspired by her beloved blog, dinneralovestory.com, Jenny Rosenstrach's *Dinner: A Love Story* is many wonderful things: a memoir, a love story, a practical how-to guide for strengthening family bonds by making the most of dinnertime, and a compendium of magnificent, palate-pleasing recipes. Fans of "Pioneer Woman" Ree Drummond, Jessica Seinfeld, Amanda Hesser, Real Simple, and former readers of *Cookie* magazine will revel in these delectable dishes, and in the unforgettable story of Jenny's transformation from enthusiastic kitchen novice to family dinnertime doyenne.

Cooking on a Bootstrap Jack Monroe,2018-08-23 'These are wonderful and inspiring recipes' - Nigella Lawson Award-winning cookery writer and anti-poverty campaigner Jack Monroe is back with *Cooking on a Bootstrap*: a creative and accessible cookbook packed with affordable, delicious recipes, most of which are vegetarian. Winner of the Observer Food Monthly Best Food Personality Readers' Award. Jack Monroe is a campaigner, food writer and activist and her first cookbook,

A Girl Called Jack, was a runaway bestseller. The sequel Cooking on a Bootstrap makes budget food fun and delicious, with 118 incredible recipes including Fluffy Berry Pancakes, Self-Love Stew, Marmite Mac 'n' Cheese and Hot Sardines with Herby Sauce. Chapters include Bread, Breakfasts, A Bag of Pasta and a Packet of Rice, Spuds and Eat More Veg. There are vegan meals, sweet treats and what Jack calls 'contraband' dishes here, as well as helpful money-saving tips. With her trademark humour and wit, Jack shows us that affordable, authentic and creative recipes aren't just for those with fancy gadgets or premium ingredients. 'She understands first hand what it's like to be skint and have the desire to put something delicious on the table' - Nigel Slater

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