



FAUX “SAUSAGE” PATTIES

“Real food, real quick, and right from your pantry!”

INGREDIENTS:

½ cup warm water
1 egg
1 cup Lentil Bean Flakes (500786)
½ cup cooked rice
½ cup instant oats
1 tsp. salt
¼ tsp. pepper
1 tsp. sage
½ tsp. thyme
½ tsp. basil
pinch of RedPepper flakes

DIRECTIONS:

1. Whisk together water and egg.
2. Add in all the other ingredients, **except oil**, mix until well blended.
3. Form into ¼” patties. (*If mixture sticks to your hands when forming “meat” balls, add a sprinkle of Lentil Flakes until mixture does not stick to your hands*)
4. At medium heat, in a non-stick pan, heat oil.
5. Add patties to hot oil and brown on each side.
6. Serve and Enjoy!