

# Taco Burger Crumbles

“Beef up” your tacos with a healthy homemade burger crumble full of fiber and all kinds of good stuff. If you don’t have time to make your own, you can always buy vegetarian burger at the store!

2 cups bulgur wheat  
2 cans (15 ounces) tomatoes, with juice  
1 cup walnuts or sunflower seeds  
1 small onion, chopped  
½ cup Taco Seasoning (recipe below) or commercial taco seasoning  
4 cloves garlic  
2 tablespoons molasses  
2 teaspoons salt

1. Preheat oven to 275°F. Lightly coat a baking sheet with non-stick cooking spray.
2. Place bulgur wheat in a medium saucepan.
3. Combine remaining ingredients in a blender; blend until smooth and pour over bulgur. Place an additional ½ cup water in the blender; puree briefly to rinse out, and pour over Bulgar mixture. Bring mixture to a boil over high heat; reduce to a simmer and cook 20 minutes, stirring often.
4. Spread mixture evenly on prepared baking sheet; bake 45 to 60 minutes, stirring occasionally, being careful not to overcook. Remove from oven while still a little moist.

Makes 7 1/2 cups.

NOW & LATER: This homemade taco burger freezes well! Make extra and keep it in your freezer for a quick meal. It’s great in chili.

CHANGE IT UP: Burger Crumbles: Leave out the taco seasoning and you have a great plain burger crumble to use in spaghetti sauce or Sloppy Joes.

SHORTCUT: Use vegetarian ground beef crumbles and commercial taco seasoning. Follow instructions on taco seasoning packet, using half of the water.