

Vegan Living Simply
Recipe for the Month
of August 2012

Open-Faced Cabbage and Black-eyed Peas “Burger”

from
Virginia G. Pierce-Kelly

**Estimated time from start to finish
including Preparation: 45 minutes**

COOKWARE NEEDED:

1 large deep pot
1 large spoon for stirring
1 strainer spoon

SPICES: 1/4 teaspoon of each---

Mrs. Dash (Garlic & Herb)
Chili powder
Curry powder
Garlic powder
Oregano (dry)
Sage (dry)

INGREDIENTS

- 1-small to medium cabbage, cut in small to medium pieces
- 1-5 oz. package of Organic Girl 50/50 Salad Mix
- 1-medium yellow onion, diced
- 1-15oz. can Eden Organic Black-eye peas, drained and rinsed
- 1-8oz. can Muir Glen Organic Tomato Sauce
- 1-16oz. jar of Salpica Cilantro Green Olive Salsa
- 1-tablespoon of extra virgin olive oil
- 1/2-cup of water
- 2-tablespoons of Bragg’s Liquid Aminos
- 1-tablespoon of Brewer’s Yeast
- 8-teaspoons of Sabra Roasted Red Pepper Hummus
- 8-whole wheat sandwich buns

- ✚ Rinse Organic Girl 50/50 Salad in salad spinner or colander, drain and set aside.
- ✚ Rinse cut cabbage in salad spinner or colander, drain and set aside.
- ✚ Place olive oil in pot on medium heat.
- ✚ Cook onions in pot for about 3 minutes until onions are glossy or shiny.
- ✚ Add cabbage and 1/2 cup of water and turn stove top heat setting to medium to high heat.
- ✚ Steam cabbage for 3 minutes, stirring occasionally (tilt lid if you do not have pot lid with holes for steaming).
- ✚ Add Black-eyed peas, and all the spices and Bragg’s Liquid Aminos and Brewer’s Yeast and stir.
- ✚ Add Organic Girl 50/50 Salad, steam for 3 minutes, stirring occasionally.
- ✚ Turn stove top heat setting to medium to low.
- ✚ Add tomato sauce and salsa, stirring occasionally.
- ✚ Turn stove top heat setting to low, and simmer for 10 minutes, stirring occasionally.
- ✚ Turn off stove top.
- ✚ Lay open whole wheat sandwich buns on plates.
- ✚ Spread 1 Teaspoon of hummus on each slice of whole wheat sandwich bun.
- ✚ Using the strainer spoon, scoop one helping of Cabbage and Black-eyed pea mixture onto each slice of “burger” bun, until completely covered.
- ✚ Add a handful of veggie chips to each plate and enjoy!

I used the left-over liquid as soup or add steamed broccoli for a different taste! Also, you may use any one of the Ener-G bread instead of whole wheat buns.