

Toppings For Versatile Bean Burger:

Cucumber Relish:

2/3 cup finely chopped peeled cucumber
1/2 cup finely chopped red bell pepper
1/4 cup finely chopped red onion
1 tablespoon Lime juice
1 tablespoon Honey (optional)
1 teaspoon finely chopped dill and chives
1/2 teaspoon sea salt, pinch of black pepper

OPTIONAL: Can substitute Cucumbers for Jicama

Chipotle mayonnaise:

1/4 cup Veganaise or GrapeSeed mayo
1 teaspoon canned minced Chipotle Chile in Adobo sauce

Russian Dressing:

1/2 cup Organic ketchup
1/4 cup GrapeSeed mayo

Fun Toppings:

Thin Slice Beef Steak Tomato
Red Onions thinly sliced
Cheddar Cheese
Sprouts
Slices of Avocado
Lettuce Leaves

Use Sprouted Hamburger Buns or Whole Wheat Buns