

Vegan Tofu Veggie Burgers

Prep: 15 mins

Cook: 4 mins

Total: 19 mins

Servings: 6 servings

Yield: 6 burgers

It may seem that most veggie burgers are made with beans, but this recipe proves otherwise. These easy and healthy tofu-based veggie burgers get plenty of flavor from the onion and green onion, along with garlic powder and soy sauce, and receive a nutritional boost from wheat germ. These tofu burgers are so quick and easy to make, they're definitely candidates for your weeknight meal rotation.

One important step is to gently drain and press the tofu as it helps to remove the extra moisture and prevent soggy veggie burgers. Once it's drained, all you have to do is mash the tofu together with a few simple ingredients, form it into little patties, and then pan-fry for a few minutes. Serve these tofu burgers on buns with your favorite burger toppings with oven-baked French fries on the side. Or, top a salad with the burger and accompany it with some vegan carrot ginger soup to round out the meal.

Ingredients

For the Burgers:

- 1/2 (14-ounce) container firm or extra-firm tofu
- 1 medium onion, minced
- 3 medium green onions, diced
- 2 tablespoons wheat germ
- 2 tablespoons all-purpose flour
- 2 tablespoons garlic powder
- 2 tablespoons soy sauce
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons canola oil, more as needed

Serving Suggestion

- 6 vegan hamburger buns
- Lettuce leaves
- Sliced tomato
- Ketchup, mustard, and/or vegan mayo
- Mustard
- Vegan mayonnaise

Steps to Make It

1. Gather the ingredients.
2. Drain the tofu well, pressing out the excess moisture gently with a clean kitchen towel or paper towels. If you leave too much moisture in the tofu, you'll have trouble forming patties and they won't stay together.
3. Add the tofu to a large bowl and gently mash it into small pieces.
4. Add the onions, green onions, wheat germ, flour, garlic powder, soy sauce, and pepper. Mix to combine.
5. Gently press the mixture together with your hands to form patties about 1-inch thick.
6. Heat the oil over medium-high heat in a large nonstick skillet. When the oil shimmers, add the veggie burgers in batches if necessary to not crowd the pan, and fry until lightly golden brown and crisp, about 3 to 4 minutes on each side. Alternatively, use an oiled stovetop grill pan.
7. Serve on the vegan buns with your favorite toppings and enjoy.

Recipe Variations

- This recipe is completely vegan, but if you need the burgers to be gluten-free as well, just swap out the all-purpose flour for any kind of gluten-free flour. Chickpea flour (also called besan or besan flour) works especially well since it complements the flavor profile and tends to be "stickier" than other gluten-free flours. You can find it in just about any Indian grocery store or in the international aisle of larger well-stocked supermarkets.
- If you need to lose the wheat germ altogether because of allergies or you simply can't find it, feel free to use almond meal/almond flour (which you can make yourself) or a little bit of extra flour instead.