**Cooking Beyond Meat Burgers in the Oven**

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Beyond Burgers are typically fried, but if that’s not an option for some reason, you can certainly cook them in the oven.

1. Preheat your oven to 400oF.

2. Put thawed Beyond Burgers on a cooking tray (no oil needed).

3. Cook for 12-15 minutes (or until an internal temperature of 165oF). Flip halfway to two-thirds of the way through.

https://vegfaqs.com/how-to-cook-beyond-burgers-in-the-oven/