

**Mock Ground Meat**

***Ingredients:***

* 4 c Water (boiling)
* 2 c Bulgur Wheat
* 1 c Pecan Meal
* 1 t Garlic Powder
* 2 T Onion Powder
* 3 T Gomasio (toasted sesame seeds – grounded)
* 1 T Parsley
* 2 t Herbs N’ More
* 1 T Parsley
* 1¼ t Sage
* ¼ c Nutritional Yeast Flakes

***Directions:***

1. Add all ingredients to boiling water and stir and simmer for 10 minutes.
2. Remove from heat and let stand for 15-20 minutes.
3. Spread evenly onto oiled or parchment paper lined cookie sheet and bake at 350º until browned.
4. Remember to turn mixture every 15-20 minutes.