

Liberty Veggie with Squash Soup

For the Burger

Heat a large saute pan to medium heat.

Small dice the onion and add to the pan with 2/4T grapeseed oil

Cook for 5 minutes

add sundried cranberries to the pan and cook for 5 more minutes

Season with salt and pepper. Add a dash of nutmeg and Italian seasoning.

Remove the mixture and place on a baking sheet and use to top the veggie burgers.

Form 2 or 4 burgers or smaller if you like.

Place the pan back on the medium heat and cook the burgers for 5 minutes on each side. Return to the baking sheet and you can add Blue Cheese here if you like. Place back in the oven for 5 minutes until ready to serve. Top with onions and apples

Toast the bun, add lettuce and sliced tomato

For the Soup

Heat soup in small pan