



OATMEAL PATTIES

Submitted by Helen Perea

2 cup oatmeal	1 small grated onion
1 scant cup bread crumbs	1 tsp. Salt
½ cup milk	2 Tbsp. Oil
2 eggs	1 tsp. Parsley flakes
¼ cup peanut butter	1 tsp. Sage

Mix all ingredients and form into patties. Brown evenly but lightly in ¼ cup oil in medium hot skillet. When brown, remove from skillet. Pour 1 ½ cups water in skillet and stir in about 2 teaspoons Vegex or soy sauce. Return patties to broth and cook on medium heat 10-15 minutes. Reduce to a simmer for another 20-30 minutes.
Serves 4-6