

## Vegan Burger options

There are essentially three vegan hamburger options. Vegan Ground that come in a square package and need to be cooked, generally cooked in a recipe. Vegan crumbles that resemble cooked and crumbled hamburger and can be cooked in a recipe or simply warmed to use in things like tacos. And there are vegan burgers which are listed here.

## Plant Based burgers

Ounces per bag vary widely.



The Beyond “Stack” burgers are smaller than their other bag burgers to make double deckers.

NOTE: Not all Boca or Morningstar burgers are vegan so make sure the box/bag indicates it is vegan. If making the burger for non-vegans, you may want to choose Impossible or Beyond.

## Plant Based Ground

Found generally in the freezer section either with vegan entrée options or with frozen ground flesh options depending on the store. Note the package sized look the same but ounces vary widely.



## Plant Based Ground Crumbles



**NOT VEGAN**

