

# VEGAN PATTY MELT ROLL UPS

## YOU WILL NEED:

For the roll ups:

- 1/2 of a small onion
- 1 tbsp refined coconut oil (optional)
- pinch of salt
- 2 large tortillas
- 1-2 frozen veggie burgers
- 1/3 cup shredded vegan cheese

For the 1000 Island

- 2 tbsp vegan mayo
- 2 tbsp plain unsweetened vegan yogurt (I use Kite Hill)
- 2 tbsp ketchup
- 1 tbsp water
- 1 tbsp sweet pickle relish
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 5-6 grinds of black pepper



RECIPE BY NICOLE VRANJICAN

Step by Step video can be found on [YouTube.com/NikkiVegan](https://www.youtube.com/NikkiVegan)

## DIRECTIONS:

To make the **Caramelized Onions**:

Thinly slice the onions and sauté with coconut oil for 5 minutes, stirring occasionally. Add a big pinch of salt and once the onions start to caramelize on the bottom on the pan, add an extra splash of water to deglaze, using a wooden spoon to gently scrape the bottom of the pan. Cook until golden brown and softened. This should take roughly 10 minutes.

In the meantime, make the **Vegan Thousand Island Sauce** by combining all of the ingredients in a container with a lid. Shake vigorously for 30 seconds and set aside or chill until needed. Next, microwave veggie burgers for 1-2 minutes.

Then chop or gently mash the burgers with a fork to create crumbles, and set aside. Next, warm the tortillas and add a generous layer of 1000 Island to the entire surface. Add the crumbled veggie burgers on top, along with caramelized onions and vegan cheese.

Roll into a tight log, and repeat with the remaining ingredients. I microwave each roll up for 20 seconds to melt the cheese but if you want it more "Patty Melt-y" then transfer the roll up to a warm frying pan with a touch of vegan butter. Cook for 2-3 minutes, then flip, and repeat on the other side.

Slice or cut into pinwheels and serve with ketchup and the remaining 1000 Island Dressing.