

Dr. Praeger's Tex Mex Veggie Burgers (Vegan)

If you have read my review on Amy's (vegan) Veggie Burgers, then you already know how the veggie burger bug caught on in our household. To summarize, after we ran out of hamburger buns, I took AllergicGirl's burger salad lead and whipped up some lunchtime veggie burger salads. My husband liked them so much, that he has begun requesting these meat-free salads a couple of times a week. He stated how much lighter and better he felt after eating them. The words "we might want to try out a vegan diet for a little while," even left his lips. I was truly speechless. While we have not yet made the full conversion, meat is definitely making less of an appearance each week, acting more like a "garnish" than the base of the meal.

So... I couldn't resist continuing the veggie burger trials. With a \$1.00 off coupon for Dr. Praeger's Veggie Burgers (from the Mambo Sprouts coupon book), I picked up the Tex Mex variety at my local Trader Joe's. End price was \$2.29 for the four patties.

So, today I busted open the Tex Mex Veggie Burgers from Dr. Praeger's. First comment, they really could use some packaging consulting. Well, the packaging itself was great, individual servings, recloseable box, etc... but the name "Dr. Praeger's" coupled with a very frumpy looking, frowning doc pictured on the back, plus a less than stellar use of overall color kept me from even considering these veggie burgers in the past. It was the coupon in the end that enticed me.

Really, these seemed to be the veggie burgers I was looking for. They are non-GMO, wheat-free (contain oat bran and oat fiber, and made in a facility that handles wheat) and really they were mostly veggie based, no textured soy protein in site. In fact, whole little bits of vegetables and black beans dotted these "burgers." I did like the tex mex flavor, which was rather sedated, calm, and influential, lacking the barbecue sauce flavor of Amy's Texas version. They were generally tasty, yet something was keeping me from shouting, "wow." I think my husband stated it best when he said that the Amy's veggie burgers taste richer. I really wished some avocados had been on hand, as I think some sliced avocado along with our black beans and green onions atop some greens would have enhanced these burgers quite a bit, adding that required touch of indulgence.

Considering they are also made with organic ingredients, I think the Amy's brand is still on top in our household. However, with a coupon in hand, Dr. Praeger's products will still warrant my consideration in the future. Perhaps when my local Trader Joe's re-stocks the Californian, they will hit my grocery list once more.

Where to Purchase: Obviously, I found two versions of Dr. Praeger's at Trader Joe's, but they are also sold in stores throughout the U.S., and Dr. Praeger's sells all of their products (I believe) in their online store.