

Vegan Hamburger 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 will not be listed here.

Ground

Found EITHER in the flesh fridge with cow flesh, OR found 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 vary widely from 12 oz to 8 oz.



Crumbles

Found exclusively in the freezer with vegan entrée options. Plain and seasoned options. Ounces per bag vary widely.



These are new, niche products and probably can only be found in larger cities. Found EITHER in the fresh fridge with cow flesh, OR found 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 vary widely from 16 oz to 8 oz.



NOT VEGAN

