



# Building a Better Burger

Madison Crouch

Ecomadison, [madlocoaussie@gmail.com](mailto:madlocoaussie@gmail.com),  
Western Albemarle High School



# Why a Better Burger?

A typical hamburger takes a ton of resources to make, as well as being bad for you. A Better Burger uses sustainable, local, organic, and mostly if not all plant based ingredients to make a burger that is more eco-friendly and better for health. With just one choice of eating less meat and more plants, we can greatly reduce our impact on the planet.



feed

**6.7**

Pounds of  
grains and forage



water

**52.8**

Gallons for drinking water  
and irrigating feed crops



land

**74.5**

Square feet for grazing  
and growing feed crops



fossil fuel  
energy

**1,036**

Btus for feed production and  
transport. That's enough to power a  
typical microwave for 18 minutes.



# Ingredients (all bought/harvested the day before)

- 1 large organic sweet potato- CSA, Bellair Farm
- 4 medium organic potatoes- CSA Bellair Farm
- 2 medium tomatoes- CSA, Bellair Farm
- 2 organic bell peppers- CSA, Bellair Farm
- 1 organic red onion- CSA, Bellair Farm
- 1 head organic lettuce- Radical Roots Farm
- 1 cup organic dry brown rice- Whole Foods
- 1 cup organic dry black beans- Whole Foods
- 18 oz GT's organic kombucha- Whole Foods



*Tip: Buy a share in your local CSA and get fresh, in season produce for much cheaper than the grocery store!*

# FLOSN Criteria



*Tip: Some CSAs allow you to pick your own vegetables at their farm, giving you more choice and fresher produce.*

**Fresh:** All produce was from Bellair Farm or Radical Roots Farm, where it was harvested either the day before or the day of pickup, and the recipe was cooked the same day.

**Local:** The produce was all local, either from Bellair Farm or Radical Roots Farm.

**Organic:** All ingredients were organic.

**Seasonal:** All produce was grown locally for the season, so it was all seasonal.

**Non-GMO:** All ingredients were non-GMO.

# Cost



*Tip: Buying in bulk allows you to get higher quality organic food cheaper and with less waste!*

CSA ingredients- \$30/share, 1/5 of a share,  
**\$6.00**

Brown Rice- \$2.50/lb, ½ lb, **\$1.25**

Black Beans- \$3.00/lb, ½ lb, **\$1.50**

Kombucha- **\$4.75**

Lettuce- **\$2.50**

**Total: \$16 total, \$4 per serving**



# Meal Prep

**Brown Rice and Black Beans:** Put rice/beans in Instant Pot or large pot, then cook in water. Make extra so you have some for the rest of the week, then store in fridge for later use.

**Sweet Potatoes:** Peel sweet potato and cut into chunks, making sure to save the peelings. Cook more than you need for the recipe. Place in Instant Pot or large pot with water and cook until soft. Cool and place in fridge for later use.



*Tip: Batch cooking allows you to save time, effort, and electricity by cooking a lot of food at once. Make sure to cook several servings, then use them throughout the week!*

# Burger Recipe

## Ingredients:

1 cooked sweet potato

2 cups cooked brown rice

2 cups cooked black beans

Spices to taste

*Tip: Scooping the mixture with a  $\frac{1}{4}$  cup measuring cup helps form good size patties.*

## Directions:

Preheat oven to 400 degrees F. Combine cooked sweet potato, rice, beans, and any spices you want in a large bowl. Form 8-16 balls, then place them flat on a baking sheet. Cook for 15 minutes on each side or until brown.



# Potato Fries Recipe

## Ingredients:

4 medium to large russet potatoes

Spices as desired

## Directions:

Cut potatoes into fry size pieces. Toss in a large bowl with spices desired, then layer on a baking sheet covered with a silicon baking mat. Make sure the potatoes are in one layer and not touching. Put into oven with the burgers and cook on each side for 15-20 min, depending on how crispy you want them.



*Tip: Instead of using oil, simply use a silicon baking mat. This makes the fries crispy without oil.*



# Sauteed Peppers and Onions Recipe

## Ingredients:

1 red onion

2 bell peppers

Spices as desired



*Tip: Allowing the vegetables to stick the the pan a little before adding water creates a slight browning on them normally from oil.*

## Directions:

In a nonstick ceramic pan, add a splash of water and turn to medium heat. Thinly slice onions and peppers, saving any food scraps. Add vegetables to the pan and stir, adding more water. Add in spices, then cook for 15-30 minutes, stirring and adding water occasionally. Once the peppers and onions are cooked well, set aside.

# Putting it all together



Cut up lettuce and wash, then let dry. Add a handful of lettuce along with 2-4 of the burgers and  $\frac{1}{4}$  of the fries on a plate. Top with  $\frac{1}{4}$  of the sauteed peppers and onions, layer on  $\frac{1}{2}$  a tomato, then add in any organic condiments you want. I added organic mustard. Enjoy this better burger with the knowledge that it is good for you and the planet!

*Tip: Adding toppings like salsa, nutritional yeast, and sriracha would taste great too!*

# Minimizing Waste: Food Scraps and Water

Don't peel the potatoes to avoid wasting food. Save the scraps from the sweet potatoes, onion, and peppers to use in vegetable broth, then compost after.



*Tip: A lot of store bought veggie broth is expensive and sodium filled. Making your own minimizes waste, taste great, and is cheap!*

Wet a cloth to scrub the potatoes, reuse water from sweet potatoes in the rice, and rinse peppers lightly. Buy all organic and vegan, as well as lettuce instead of a bun, as these take less water to produce.

# Minimizing Waste: Energy and Plastic Use

*Tip: You can buy foldable bags and store them in your backpack or purse to take everywhere!*



Buy everything in bulk, using cotton mesh produce bags. Instead of using plastic bags, use reusable grocery bags when bringing groceries home.

Cook the rice, beans, and sweet potato in large batches to reduce energy consumption. Cook in an Instant Pot or other pressure cooker to reduce cooking time and energy use. Cook burgers and potatoes at the same time to avoid wasting oven energy.



# Plans for Leftovers

Leftover burgers:

Crumble up and eat over greens, cooked vegetables, or in a wrap.

Leftover potatoes:

Cut up and add to tofu scramble, sauteed vegetables, in a wrap, or with greens.



*Tip:  
Blending  
cooked  
potatoes  
with  
carrots  
makes a  
tasty  
nacho  
cheeze  
sauce.*

Leftover peppers and onions:

Add to greens, grains, leftover burgers or potatoes, beans, or on a wrap or pizza.



# Plans for Leftovers

Leftover cooked sweet potato:

Sweet Potato Casserole, add in your oatmeal, blend up to make a soup.

Leftover cooked brown rice:

Eat with greens, veggies, beans, make it into rice porridge, eat with curry or soup.

Leftover cooked black beans:

Toss with rice or greens, mash up and spread on wraps, or blend up into brownies.



*Tip: By blending up a sweet potato with dates, cinnamon, vanilla, bananas, and oats you can make healthy, tasty cookies!*

# Instagram Post



choose.plants

Following

## Ingredients:

1 cooked sweet potato  
2 cups cooked brown rice  
2 cups cooked black beans  
Spices to taste

## Directions:

Preheat oven to 400 degrees F. Combine cooked sweet potato, rice, beans, and any spices you want in a large bowl. Form 8-16 balls with the burger mixture depending on desired size. Place them on a baking sheet, making sure to flatten them into the desired thickness. Cook for 15 minutes on each side or until brown.

## Potatoes



wahskeyclub and choose.plants like this

3 MINUTES AGO

Add a comment...



Video



# Reflection



After completing this challenge, I have realized just how much what we eat affects the planet we live on. With just a few simple adjustments, like not eating meat and buying local, organic, and sustainable products, we can drastically change our impact. Not only does a Better Burger positively affect the planet's health, but our own as well. Burgers made of whole plant foods, like sweet potatoes, rice, and beans, are much better for us and cheaper too. Though I was vegan before, I will never go back to a "normal" resource leaching burger. I will continue to thrive on sweet potatoes for years to come, and will try to help others too.

# Photo Credits

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