

The Better Burger

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The Menu

- Homemade vegan black bean burgers
- Salad made from ingredients grown in the T.C. Williams garden
- Water



Where was the food from?

The burger:

- 1 can of WestBrae Natural Organic black beans from Whole Foods
- Organic garlic powder from Whole Foods
- Organic chili powder from Whole Foods
- Salt
- $\frac{1}{4}$ of an organic red bell pepper from local farmers market
- Organic oats from Whole Foods
- $\frac{1}{8}$ of organic red onion from Whole Foods
- 5 small organic carrots from Whole Foods
- Flax seed egg flax seed from Whole Foods

The salad:

- Lettuce from our local T.C. Williams Discovery Garden (FLOSN!)
- Tomato from our local T.C. Williams Discovery Garden (Also FLOSN!)



Meal Prep

1. Mash the black beans in a bowl
2. Mix together garlic powder, chili powder, and salt (to taste)
3. Pour spices and diced vegetables onto bean mixture
4. Mix well
5. Form mixture into 2 or 3 patties
6. Place on hot pan, cook, and flip burgers until they are done
7. Enjoy!



What about left over waste?

- We made sure that we only made enough burgers to feed the 2 people who were going to eat the burgers
- Any other remaining vegetables were put into a bean salad that we ate for dinner the same night

A photograph of a plate of food. The plate is white with a colorful, patterned border. It contains a black bean burger patty, a salad of lettuce and tomatoes, and several strips of red bell pepper. The plate is set on a wooden table. In the background, a piece of paper with text is visible, including the heading "Grilled Black Bean Burgers" and a list of ingredients.



Social media



Our video

<https://www.wevideo.com/view/988992947>

