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



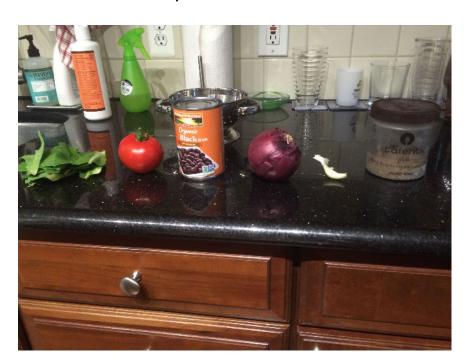
Where was the food from?

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
- 1/4 of an organic red bell pepper from local farmers market
- Organic oats from Whole Foods
- 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
- Mix together garlic powder, chili powder, and salt (to taste)
- Pour spices and diced vegetables onto bean mixture
- Mix well
- 5. Form mixture into 2 or 3 patties
- 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

The final product





Social media











greengirls13 Vegan Black Bean Better Burger: 1 can of black beans, garlic powder and chili powder to taste, grated carrot, diced onion and pepper, and gluten free oats. Mash the black beans and combine the rest of the ingredients with the bean mixture. Cook in a frying pan until cooked. #pgc2017 @turninggreenorg #FLOSN @foe_us @betterburgernow











Our video

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

