

SUSTAINABLE URBAN PIONEERS BETTER BURGER

Day 7

Jinno Vicencio

Lauren Kim

KOREAN INSPIRED VEGAN BLACK BEAN BURGER

with kombucha on the side

Ingredients List:

Organic Bulk Black Beans

Source: Mother's Market

Price: 1.99 /lbs = 1.99

Kimchi

Source: Fermentation Farms

Price: 11\$ = 2.75

Sesame Oil

Source: Local Asian Market

Price: .05c

Sunflower Seeds

Source: Whole Foods

Price: 7.99 = 1.99

Oatmeal

Source: Sprouts

Price: 99c / lbs = .05c

Organic Flax Seeds

Source: Sprouts

Price: 1.99 / lbs = .10

Ingredients List:

Gochujang

Source: H Mart (Korean Supermarket)

Price: .10c

Olive Oil

Source: Costco

Price: <.03

Salt And Pepper

Price: <.01

Onions and Garlic

Source: Farmer's Market

Price: <.05

Total: 7.28/4 Servings

PER SERVING: 1.78\$\$\$

Instructions:

1. Roast black beans by placing in one layer on baking sheet lined with foil and sprayed with cooking spray. Put in 375° oven for approximately 10-15 minutes, until beans are splitting apart. Remove from oven and let cool.

2. In sauté pan, sauté onions, kimchi + kimchi juice, and sesame oil. Place in large bowl.

3. Place beans in food processor and chop—not into a mash, just until crumble-y. Add beans to bowl with onions.

5. Place sunflower seeds in food processor and chop into small pebbles. Add to bowl with beans.

6. Add, aquafaba, oatmeal, gochujang to bean/onion mixture. Mold into patties (I made about four).

7. Coat patties with a very thin coating of flour and then submerge in aquafaba. Then coat with flour

8. Cook until brown in pan with oil and
Enjoy

Side Drink

KOMBUCHA

OVERALL THOUGHTS:

This burger was super easy to make and was extremely delicious as well! Eating this vegan burger will not only satisfy your stomach, but will also help pollution in the environment.

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