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Better Burger

We went to our local supermarket, 'Albert Hein', to purchase these carefully chosen products;

Price per better burger (budget of \$4)

€0.45 black beans

€0.40 organic potatoes

€0.77 organic grass fed ground beef

€0.10 garlic

€0.10 onion

€0.22 lettuce

€0.18 organic tomatoes

€0.50 Organic whole-wheat buns

€0.40 organic sweet potato

€0.10 organic ketchup

>€0.10 green tea

Total: €3.32 (\$3.94) per meal



Self-created recipe:

Ingredients:

- 12oz organic local ground beef
- 3 organic potatoes, peeled (reserve peel)
- 1 can black beans
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp allspice
- Salt and pepper, to taste
- 4 organic whole-wheat burger buns, to serve
- 2 tomatoes, sliced to serve
- 4 lettuce leaves, to serve
- Organic, low sugar ketchup, to serve

Method: -Boil potatoes in a medium pot, until fork tender.

- Mash the potatoes with black beans in large bowl until combined.
- Coat a pan with some organic non-stick spray and sauté onion and garlic for about 5 minutes, until golden brown and fragrant.
- Add beef, allspice, paprika, sautéed onion and garlic and salt and pepper to mashed mixture.
- Combine mixture until cohesive.
- Form 4-6 burger patties and grill on a preheated pan for 3-5 minutes on each side to cook through. -
Serve on whole-wheat buns with ketchup, lettuce and tomato. Add some baked potato fries and a nice glass of some homemade iced green tea.
- ENJOY! And be proud that you have constructed a better burger.

Photo essay:



We served any leftover burgers to our families and we reserved the potato peels to make 'Crispy Parmesan Potato Skins' used in the food waste extra credit challenge.



BB Instagram Post:

