

# Building a Better Burger!

Viscous Flo (Jon Raybin and Julia Murphy)  
PGC2017 Day 7 Food Greenest

Username: jraybin  
jraybin@uchicago.edu  
University of Chicago

# The Plan

We made a vegan sweet potato burger with two sides and a dessert for \$3.49 per serving. There was some leftover pesto sauce from our Food Waste challenge and we used that in place of traditional condiments.



# Following FLOSN

We wanted to follow FLOSN as closely as possible to create our Better Burger. Everything we used was non-GMO and was in season, except for the lemon. The zucchini, sweet potatoes, broccoli, onions, and radishes were all local, and the carrots, spinach, and pears came from the west coast, but were organic.



# The Burger

3 sweet potatoes

2 c. spinach

1 half onion

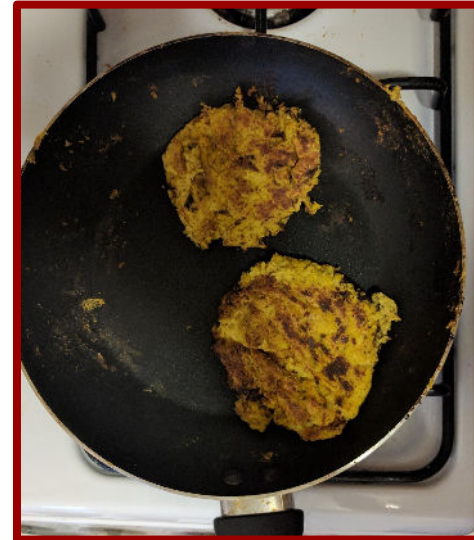
1 flax egg

½ c. almond meal

Juice of half lemon

Oil for cooking

Boil the sweet potatoes, then blend with spinach and onion. Mix in flax egg, almond meal, and lemon. Form into patties and refrigerate for 30 minutes. Cook on low heat until golden brown on each side.



# Roasted Veggies

2 zucchinis

8 carrots

2 yellow squash

1 broccoli

12 radishes

Chop the vegetables to desired size. Cook at 400 °F until soft and slightly browned.



# Butternut Squash Soup

1 butternut squash

Garlic, to taste

½ onion

Salt and pepper, to taste

Roast the butternut squash at 400 °F until soft. Scrape the squash from the rind and blend until smooth with onion. Add seasoning and cook on stove until heated.



# Dessert - Baked Pears

8 pears of your choosing

Cinnamon

Brown sugar

Chop the pears and coat in cinnamon and brown sugar. Bake at 400 °C until soft.



# The Final Cost

## Sweet potato burgers:

|                |        |
|----------------|--------|
| Sweet potatoes | \$0.17 |
| Onion          | \$0.02 |
| Spinach        | \$0.17 |
| Lemon          | \$0.01 |
| Bread          | \$0.88 |

## Roasted vegetables:

|               |        |
|---------------|--------|
| Broccoli      | \$0.56 |
| Carrots       | \$0.33 |
| Radish        | \$0.22 |
| Yellow squash | \$0.18 |
| Zucchini      | \$0.22 |

## Butternut squash soup:

|        |        |
|--------|--------|
| Squash | \$0.34 |
| Onion  | \$0.02 |

## Baked pears:

|                |        |
|----------------|--------|
| Red pears      | \$0.15 |
| Bartlett pears | \$0.22 |

---

|              |               |
|--------------|---------------|
| <b>TOTAL</b> | <b>\$3.49</b> |
|--------------|---------------|

## Hyde Park Produce

1226 E. 53RD ST  
CHICAGO, IL 60615  
773-324-7100

10/14/2017 10:36:15 AM

Cecilia

|                              |               |
|------------------------------|---------------|
| BAKERY                       | FW \$5.29 Tx1 |
| BROCCOLI                     |               |
| 1.34 lb @ \$2.49/lb          | FW \$3.34 Tx1 |
| LEMONS                       |               |
| 0.33 lb @ \$0.99/lb          | FW \$0.33 Tx1 |
| ONIONS, SPANISH/YELLOW/BROWN |               |
| 0.50 lb @ \$0.49/lb          | FW \$0.25 Tx1 |
| ORGANIC BUNCH CARROTS        | FW \$1.99 Tx1 |
| PEARS, BARTLETT              |               |
| 1.76 lb @ \$0.99/lb          | FW \$1.74 Tx1 |
| PEARS, D'ANJOU RED           |               |
| 1.54 lb @ \$0.79/lb          | FW \$1.22 Tx1 |
| POTATOES, SWEET              |               |
| 2.87 lb @ \$0.69/lb          | FW \$1.98 Tx1 |
| RADISH, BUNCH RED            | FW \$1.29 Tx1 |
| SPINACH, BUNCH               | FW \$1.99 Tx1 |
| SQUASH, BUTTERNUT            |               |
| 3.41 lb @ \$0.59/lb          | FW \$2.01 Tx1 |
| SQUASH, YELLOW               |               |
| 1.08 lb @ \$0.99/lb          | FW \$1.07 Tx1 |
| SQUASH, ZUCCHINI             |               |
| 2.64 lb @ \$0.99/lb          | FW \$2.61 Tx1 |

---

|           |         |
|-----------|---------|
| SUB TOTAL | \$25.11 |
| Tax 1     | \$0.57  |

---

|              |                |
|--------------|----------------|
| <b>TOTAL</b> | <b>\$25.68</b> |
| Credit card  | \$25.68        |

Reference# 270185

# Time to dig in!







viscous\_flo



viscous\_flo We made a #betterburger! It's a #vegan sweet potato patty with roasted fall veggies! #flosn #pgc2017 @turninggreenorg @foe\_us @betterburgernow #betterburgernow

12 SECONDS AGO