

# FRiday Community Cooking Night

## Black Bean Burgers

Fri 5/14 at **4:00pm** on Facebook Live **@FoodRightInc**

### Bring these things to the lesson:

#### Ingredients

- 1 (15 oz.) can of black beans, drained & rinsed
- 1 large egg
- 1 Tbsp soy sauce
- 1/2 tsp salt
- 2 garlic cloves, minced
- 1/2 tsp black pepper
- 1/4 cup green onions, finely chopped
- 2 Tbsp fresh dill, minced
- 1/2 cup breadcrumbs
- 2 Tbsp whole wheat flour
- 1-2 Tbsp oil
- 4 whole wheat buns

#### Toppings (Optional).

- Lettuce or leafy greens
- Tomato, sliced
- Red onions, sliced
- Condiments (mustard, ketchup, etc.)



#### Cooking Equipment

- Can opener
- Chef's knife or paring knife
- Scissors (optional)
- Cutting board
- Colander
- Hot mitts
- Large skillet
- Masher or fork
- Dry measuring cups
- Measuring spoons
- Large mixing bowl
- Prep bowls (optional)
- Spatula for flipping
- Spatula or fork for folding
- Stove

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