

# FoodRight's Culinary Summer Camp

## A Plant-Based Twist on American Classics

Weds 7/8 at **11:30am** on Instagram Live **@FoodRightInc**

### Bring these things to the lesson:

#### Black Bean Burgers Ingredients

- 1 (15oz.) can of black beans
- 1 large egg
- 1 Tablespoon soy sauce
- ½ teaspoon salt
- 1 teaspoon smoked paprika
- 2 garlic cloves
- ½ teaspoon black pepper
- ¼ cup green onions
- 2 Tablespoons fresh dill
- ½ cup bread crumbs
- 2 Tablespoons whole wheat flour
- 2 oz. feta cheese
- 1-2 Tablespoons oil
- 4-6 whole wheat buns
- Toppings (Optional)
- Lettuce or leafy greens
- Tomato
- Red onions
- Condiments (mustard, ketchup, etc.)

#### Sweet Potato Hash Ingredients

- 3 Tablespoons oil
- 1 small onion
- 1 large (14 oz) sweet potato
- 2 medium (9 oz) red potatoes
- 1 small bell pepper
- 1 large carrot
- 2 garlic cloves
- 1 ½ teaspoons salt
- ½ teaspoon black pepper
- ¼ teaspoon cumin
- 1 teaspoon smoked paprika
- Pinch of cayenne pepper



#### Cooking Equipment

- Can opener
- Colander
- Measuring spoons
- Chef's knife
- Microplane (optional)
- Cutting board
- Scissors (optional)
- Dry measuring cups
- Large mixing bowl
- Medium bowl
- Masher or fork
- Rubber spatula
- Large skillet with a cover
- Stove
- Vegetable peeler
- Spatula for flipping

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Live Long. Grow Strong. Cook.