

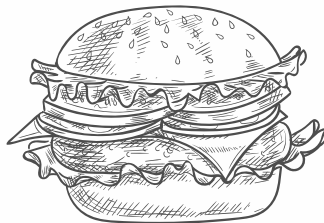
BEET & BEAN BURGERS

Ingredients:

- 1 1/4 cup cooked white or brown rice, or substitute with quinoa
- 1 cup cooked black or pinto beans
- 1 cup shredded beets
- 1/2 minced onion
- 2 cloves minced garlic (or 1 tsp garlic powder)
- Olive oil
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tsp pepper
- Optional: 1/4 tsp chili powder

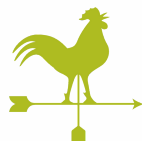
Kitchen Tools:

- Measuring cups & spoons
- Rice cooker/pot for cooking rice
- Pressure cooker/pot for cooking beans
- Large skillet
- Cutting board
- Knife (ask an adult for help!)
- Large mixing bowl
- Mixing spoon
- Oven (if you are using the baking method)
- Baking sheet (if you are using the baking method)
- Spatula for flipping burgers



Make it your own! Add in mushrooms, bread crumbs or corn, or try mixing up the spices with chili powder, thyme, fennel, mustard powder or paprika!

Nutrition Facts: Makes 6-8 servings, Per Serving: 100 calories, 0.5 g fat, 380 mg sodium, 20 g carbohydrate, 4 g fiber, 3 g sugar, 4 g protein.



ROGUE VALLEY FARM TO SCHOOL
Harvest of the Month

Instructions:

- **Prep:** cook your rice or quinoa using your preferred method and cook beans until soft.
 - *Bean cooking tip: Soaking your beans overnight helps to remove some of those indigestible sugars that cause tummy troubles!*
1. Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot, add the onion and sauté until onions are soft – about 5 minutes.
 2. Once onions are soft, add in minced garlic and sauté for another 3 minutes. If you are using garlic powder, add this in step 4 instead.
 3. Remove onions and garlic from heat and transfer into a mixing bowl. Add cooked beans, salt and pepper and mash it all together. You're looking for a rough mash, so you can leave a bit of texture if you want.
 4. Add in the rice/quinoa, beets, spices and stir.
 5. Set bowl in the fridge to chill while your oven preheats to 375 degrees F. Skip this step if cooking on the stovetop.
 6. **Baking:** Shape into burgers and brush or spray tops with a little oil. Bake patties on greased or lined sheet pan in 375 F degree oven until colored and exteriors slightly crisped, 15-20 minutes. Serve as you would burgers, in buns or lettuce cups with fixings and sauces.
 7. **Stovetop:** For a quicker cook time, form into slightly thinner patties and brown in a skillet over medium heat lightly coated with olive, avocado or coconut oil. Cook until brown on both sides, 3-4 minutes each. *NOTE: This method doesn't get them as well done in the middle, but the crust is more pronounced.x*

