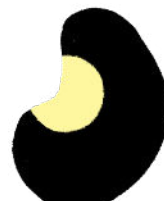




# BURGERS



# BLACK BEAN BURGER



## Brendan Shields, Director of Food Services, Magnolia School District

Magnolia School District's Nutrition Director, Brendan Shields, has been serving up this crowd-pleasing scratch-made black bean burger to K-8 students. With a mix of fresh local veggies, black beans, and corn, this flavorful entrée is a hit with students. Every one of the district's nine school sites boasts a fully equipped scratch kitchen to prepare these delicious meals from scratch!



**Complexity Rating: 3**



**Prep Model:** Full Prep



**Servings: 48**

### Allergens:



**Wheat**

**Meal Component:** 2 MA, 2 Grain, 1/4 c. Veg (starchy - corn)

**Equipment:** Tilt skillet or griddle for searing would expedite the process, Food Processor



**BLACK BEAN BURGER**

Ingredients	Servings	Instructions
Black Beans, Low Sodium	6 lb	<b>Preparation</b> <ul style="list-style-type: none"><li>• Roast Corn in the oven for approximately 15 minutes at 400 degrees. Place in refrigerator to cool.<ul style="list-style-type: none"><li>◦ If there are other fresh vegetables on hand, reduce the corn and roast the vegetables e.g., potatoes, spinach, and bell peppers.</li></ul></li><li>• Drain black beans, reserve some liquid.</li><li>• Combine corn, black beans, bread crumbs, salt and pepper in a food processor and gently pulse. DO NOT PULVERIZE!<ul style="list-style-type: none"><li>◦ If the mixture appears to be too dry when blending, add a little water with some liquid from the black beans.</li><li>◦ If the mixture is dry, add some cooked brown rice. Not in the food processor, but folded into the processed mixture.</li></ul></li><li>• Form 48 balls on sheet pans, cover with parchment paper and press down evenly with an additional sheet pan to create patties.</li><li>• These patties can be frozen for use on a later date or cooked immediately.</li><li>• When ready to prepare, sear patties on both sides in a smoking hot pan with a little olive oil or vegetable oil.</li><li>• Finish in the oven at 375 degrees until the internal temperature is 165 degrees. Approximately 10-15 minutes.</li></ul>
Corn, Frozen (e.g. USDA)	3 lb	
Bread Crumbs	12 oz	
Salt	1 1/2 tsp	
Pepper, Black	1 1/2 tsp	
Hamburger, Bun	48 count	

# THAI BASIL LENTIL BURGER



## Erin Primer, Director of Nutrition Services, San Luis Coastal USD

The Thai Basil Lentil Burger is a flavor-packed dish that perfectly balances sweet and savory notes. Made with local, organic lentils, topped with fresh, house-made coleslaw, and served on a locally baked bun, this dish has become a student favorite! To learn more about the creation of this dish from San Luis Coastal's Director of Nutrition Services, Erin Primer, [click here](#).



**Complexity Rating: 3**



**Prep Model: Full Prep**



**Servings: 102**

### Allergens:



**Wheat**



**Soy**

**Meal Component:** 1.5 MA, 2 Grain, 1/4 c. Veg (other - cabbage), Trace Fruit (apple)



## THAI BASIL LENTIL BURGER

Ingredients	Servings
<b>Lentil Burger Patty (102 servings)</b>	
Lentils, Mature Seeds, Cooked, w/o Salt	3 gal 3 cup
Potato, Sweet, Raw, Unprepared	13 lb
Spice, Onion, Powder	6 tbsp
Spice, Garlic, Powder	6 tbsp
Spice, Ginger, Ground	6 tbsp
Spice, Curry, Powder	17 oz
Basil, Chopped, Fresh	8 cups
Cilantro, Chopped, Fresh	8 cups

Lime Juice, Raw	17 oz
Soy Sauce, Low-Sodium	3 oz
Oats, Rolled, Quick, Dry, No Salt	1 gal 1 cup
<b>Apple Slaw (110 servings)</b>	
Salt, Table	1 tbsp
Cabbage, Raw	10 lb 8 oz
Plant-Based Mayo*, Low Fat, No Cholesterol	6 cups
Honey	1 cup 3 1/2 tbsp
Vinegar, Cider	1 cup 2 tbsp

Lemon Juice, Raw	2 tbsp 3 tsp
Sauce, RTS, Pepper or Hot (e.g. Tapatio)	6 tbsp
Apples, Granny Smith, Skin, Fresh, 3' diameter	20 medium
Cilantro, Leaves, Raw	1 cup
Spice, Smoked Paprika	4 tbsp
Pepper, Black, Ground	2 tbsp
<b>Assembly</b>	
Bun, Hamburger, Whole Wheat	102 count

\*Plant-Based Mayo is used to accommodate students who follow a vegan diet.

## Instructions

### Burger Recipe

- Mash already cooked lentils until they are the consistency of mashed potatoes. Set aside.
- Wash and peel sweet potatoes, cut and boil/steam until tender. Mash and set aside to cool.
- Combine cooked, mashed red lentils, mashed sweet potato, seasoning mixture.
- Add soy sauce, lime juice, and rolled oats.
- Lay out parchment lined sheet pans, spray to prevent sticking. For a full-sized patty use a #8 scoop and place on parchment lined sheet pans, top with parchment paper and place a second sheet pan on top, press down to form patties.
- Bake at 400°F for about 10 minutes, flip and bake another 3-5 minutes until crispy. If making for later use just form and then freeze.

### Apple Slaw Recipe

- Rinse cilantro and apples.
- Remove stems from cilantro.
- Chop apples and cilantro. Can use a buffalo chopper or Robo Coup (pulse to chop not pulverize).
- Whisk together lemon juice, salt, vinegar, honey, smoked paprika, Tapatio, and mix well with mayo.
- Add mayo mixture to chopped apples, cilantro, and coleslaw/cabbage mix in a large stainless steel bowl or hotel pan.

### Assembly

- Heat lentil burger patty to 165°F or greater in a 400°F oven. Cooking time varies from 15 minutes for refrigerated patty to 20 minutes for frozen patty.
- Place heated Thai Lentil Patty on bun.
- Top with 1/3 cup apple slaw mix.