



Let's

# MAKE LUNCH

LESSON FIVE

## Bean & Beef Sliders

### BEAN & BEEF SLIDERS

#### Ingredients

- 1 tsp vegetable oil
- 1 small onion, diced
- 1 can (19 oz/540 mL) canned black beans, drained and rinsed
- ½ tsp garlic powder
- ½ tsp EACH salt and pepper
- 1 lb (500 g) **Lean Ground Beef**
- 1 egg
- ¼ cup breadcrumbs
- 1 tsp vegetable oil
- 14 slider buns, toasted
- Toppings:** tomatoes, lettuce, onion, ketchup, mustard

#### Cooking Directions

- **Heat** oil in a medium-sized nonstick skillet. Cook onion for 3 minutes. Meanwhile, mash beans using a fork and add them to the skillet. Turn to low and cook for 3 minutes, stirring in garlic powder, salt and pepper. Set aside to cool.
- **Combine** beef, egg, breadcrumbs and cooled bean mixture in a large bowl. To make sliders use your hands to form ¼ cup the beef and bean mixture into 14 patties that are about 1 inch thick and 2 inches wide.
- **Add** patties to lightly oiled hot nonstick skillet or grill pan. Cook over medium-high heat for approximately 6 minutes per side, until a digital instant read thermometer inserted sideways into each patty reads 160°F (71°C).  
*Burger's done at 71!*
- **Place** sliders on toasted slider buns and top with your burger toppings.



### Shopping List

- Vegetable oil
- 1 small cooking onion
- 1 can (19 oz/540 mL) black beans
- Garlic powder
- 1 lb (500 g) lean ground beef
- 1 egg
- Dry breadcrumbs
- 14 slider buns
- 1 tomato
- Lettuce
- 1 red onion
- Ketchup
- Mustard

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

 **YouTube**  
/LoveCDNbeef

