

mini black bean sliders + kid-made burger buns



mix+knead

Start with the Poppy Seeds Burger Buns! Grown-ups: Preheat oven to 375 degrees. Have kids combine **4 cups flour** (or sub Pamela's GF mix), **1 tbsp sugar**, **½ tbsp baking powder**, **2 tbsp poppy seeds** and **½ tbsp baking soda** into a large bowl (called the dry bowl). Have kids combine **1-½ C of water** and **2 tsp of vinegar** into the dry bowl and mix. Turn dough out onto floured surface, divide dough so that each kid has their own dough ball and have them knead for two or three minutes (no need to overdo it!).

roll+bake

Shape dough into small round balls (about 3 T each), then place into a greased muffin tin. Bake for 10 to 15 minutes or until golden brown. Remove, and while hot, brush buns with 1 tbsp melted or softened butter. Sprinkle with a little sea salt and extra poppy seeds if you wish - Let cool before splitting open the buns.

tear

Black Bean Burger time!! Have kids tear up **1 or 2 slices of the bread of your choice** into teeny tiny pieces until crumbs measure about 1 cup. Transfer the fresh breadcrumbs into your food processor or blender.

combine+chop

Have kids combine **1 tbsp olive oil**, **1 chopped clove of garlic**, and **1 15oz can of drained and rinsed black beans** into your food processor or blender. Crack **2 eggs** and add **1 tsp of fresh torn oregano leaves** into the blender too.

measure+zest+blend

Have kids measure out **1 tsp of salt** and **¾ tsp of chili powder** into the blender or food processor. Using a fine cheese grater or micro-plane grater, have kids zest the outside of **a lime** (just the green part) and add it to the blender or food processor. Blend the bean mixture until beans make a thick paste - about 1 full minute. Scrape bean mixture into a bowl and set aside.

shape+cook

With moistened hands, divide bean mixture into equal portions (about 3 tablespoon mixture per portion), have kids shape each into a 1-inch thick patty that is about 2 or 3 inches in diameter. Grownups: Heat 2 tbs of vegetable oil in a large skillet over medium-high heat. Add the bean patties to pan; reduce heat to medium, and cook 4 minutes or until bottom edges are browned. Carefully turn patties over; cook 3 minutes or until bottom edges are done. Melt cheese over the top if you want to. Serve with kid-made poppy seed burger buns, mustard, ketchup, pickles and lettuce!

Delicious!

continued



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sticky fingers mint-chocolate chip shake



peel+scope

Get out your blender: Have kids peel **1 large ripe banana**. Scoop **2 cups of vanilla frozen yogurt**, **1 (or 2!) handfuls of dark chocolate chips** into the blender. Add **3-4 drops pure peppermint extract** and **1 C of milk**.

blend+enjoy

Now for the fun part: Add **1 cup of cup fresh or frozen spinach** (Really! for the green color and extra vitamins!) Add **honey** to taste... Blend until thick and creamy! **Yum!**

quick homemade kid-ketchup



measure+pour+stir

In a medium sized bowl, have kids measure and pour **1 (15 oz) can chopped tomatoes**, **2 T of tomato paste**, **¾ C packed dark brown sugar**, **½ C cider vinegar**, **½ tsp of black pepper** and **2 tsp salt** and have them stir together.

chop+simmer

Have kids chop up **1 medium onion**. Grownups: Cook the chopped onion in **2 T of olive oil** in a 4-quart heavy saucepan over medium heat, stirring, until softened, about 8 minutes. Carefully add the tomato mixture and simmer, uncovered, stirring occasionally, until very thick, for about 1 hour (stir more frequently toward end of cooking to prevent scorching). Add more salt and sugar to taste. Let cool.

purée+slather

Purée ketchup in blender until smooth and slather on your Black Bean Sliders!

fun food facts:

Hamburger History

A hamburger (also called a hamburger sandwich or burger) is a sandwich consisting of a cooked patty of ground meat (usually beef, but occasionally pork or a combination of meats) usually placed inside a sliced bread roll. Some sources say it began with the Mongols, who stashed raw beef under their saddles as they waged their campaign to conquer the known world. After time spent sandwiched between the saddles, the beef became tender enough to eat raw, it is said,

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then, that the Mongols brought it to Russia, which turned it into the dish we know as steak tartare. Several years later, as global trade picked up, seafarers brought this idea to the port city of Hamburg, Germany, where the Deutschvolk decided to mold it into a steak shape and add heat to the equation, making something that, outside of Hamburg, was referred to as "Hamburg steak." The term hamburger originally derives from Hamburg—Germany's second largest city, from where many people emigrated to the United States. Louis Lunch: This New Haven, Connecticut, burger joint claims to have invented our favorite lunchtime (and dinnertime) meal as we know it back in 1900.

How do you insult a hamburger patty? Call it a meatball!

How do you make a cheeseburger sad? Make it with blue cheese!

Which burgers are dishonest? Cat-burgers! (burglars)

Where can a burger get a great night's sleep? On a bed of lettuce!

Soda Bread History

Soda bread is a variety of quick bread traditionally made in a variety of cuisines in which sodium bicarbonate (otherwise known as baking soda) is used as a raising agent rather than the more common yeast. The ingredients of traditional soda bread are flour, bread soda, salt, and buttermilk. The buttermilk in the dough contains lactic acid, which reacts with the baking soda to form tiny bubbles of carbon dioxide. We will use vinegar as the acid in the bread dough.

Black Beans

- ★ Combine the creamy texture of black beans with a whole grain such as brown rice and you have a virtually fat-free high quality protein meal.
- ★ Dried black beans are generally available in prepackaged containers as well as bulk bins; both canned and dried black beans are available throughout the year.
- ★ Black beans and other beans such as kidney beans, navy beans and black beans are all known as "common beans" probably owing to the fact that they derived from a common bean ancestor that originated in Peru. From there, beans were spread throughout South and Central America by migrating Indian traders.
- ★ Beans were introduced into Europe in the 15th century by Spanish explorers returning from their voyages to the New World. Spanish and Portuguese traders brought them to Africa and Asia.
- ★ As beans are a very inexpensive form of good protein, they have become popular in many cultures throughout the world. Black beans are the 2nd most highly consumed dried bean in the United States.
- ★ Today, the largest commercial producers of dried common beans are India, China, Indonesia, Brazil and the United States.
- ★ The bean gives a typical person more than 50 percent of daily-recommended values in fiber, folate and manganese, as well as a healthy dose of protein.
- ★ Pinto beans have been proven effective in stabilizing blood glucose levels, lowering cholesterol and reducing the risk of heart attack and stroke.
- ★ High levels of vitamin B in beans improve brain function and memory
- ★ Dried black beans have black skin, creamy white flesh and a sweet, rich flavor sometimes compared to that of mushrooms. They are called turtle beans, French beans, black kidney beans, black Mexican beans and Mexican beans.
- ★ Beans were one of the first foods gathered, according to archeologists. Domesticated over 8,000 years ago.
- ★ Black beans are high in fiber, protein and are a great source of iron, magnesium, and zinc.

Which bean is the most intelligent? The Human Bean!

What do you call a retired bean? A has-bean!



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