

RECIPE/ MOBILE KITCHEN

BLACK BEAN CROQUETTES

Crispy and flavorful snacks packed with protein, fiber and fragrant spices.



TOOLS

Mixing bowls
Measuring tools
Skillet
Spatulas
Induction burner
Clam shells

TO BUY: MAX \$12

1 28 oz can black beans

1 jar red salsa - mild

4 eggs

15 oz container of bread crumbs

Ingredients (makes 24)

1 28-ounce can black beans, drained and rinsed

1 cup salsa, plus more for serving

4 eggs

4 cups dried bread crumbs

1 cup veg oil for cooking

Cumin

Salt

Instructions

Kids work in groups of 3-4

Kids smash in their bowl

$\frac{3}{4}$ cup beans

$\frac{1}{4}$ cup salsa

$\frac{1}{2}$ teaspoon cumin

$\frac{1}{4}$ teaspoon salt

1 egg

$\frac{1}{2}$ cup bread crumbs

Divide mixture into 6-8 (2 per child) and roll into a bowl of bread crumbs to coat.

Heat $\frac{1}{4}$ cups oil in a skillet over medium high heat and gently lower croquettes 1 at a time into the hot oil. Let cook, flipping once with a slotted spatula, until the

breadcrumbs are deeply golden and the croquettes are hot all the way through, 4 to 6 minutes. Remove from oil and set on a paper towel lined plate. Repeat with the remaining croquettes, adjusting heat and adding more oil as needed.

Serve with salsa.

Instructions

Drain and rinse beans. Show kids how to open the can! Let a child try it!

Students work in teams of 3-4 kids:

Measure ingredients and mash.

Form croquettes and roll into bread crumbs

Clean up while they cook!

Taste with salsa.

Class Plan

0-10 wash hands/ go over recipe

10-25 mix and measure ingredients and mash!! Really well!!

25 - 35 - form croquettes

35 - 45 cook croquettes/ kids clean up!

45 - enjoy!

55 - pack up and go!

Talking Points:

What beans have you tried? How many beans can you name? How did you eat them?

Where do beans come from? A tree? Underground? A flower? Or a VINE!

Beans provide us with healthy fiber, protein and lots of nourishment. What can we add beans to?

- soups, burgers, tacos, dips, croquettes!

(high protein, complex carbs - whole grains)

FUN FACTS:

https://www.canr.msu.edu/news/black_beans_and_the_science_behind_them

TLDR/ black beans are native to the Americas, cultivated by indigenous people for thousands of years.

Black beans are also called: turtle beans, caviar criolla and frijoles negros.

