

BLACK BEAN SLIDERS



INGREDIENTS:

- 1 Tablespoon oil
- 1 can refried black beans
- 1 can whole black beans, rinsed
- 2 packages dinner rolls
- 1 tub guacamole
- 1 head of butter lettuce, washed and torn into smaller pieces
- 1 container ketchup
- 1 package of spice mix (1/2 cup of bread crumbs, 1/4 teaspoon onion powder, 1/4 teaspoon garlic powder, 1/4 teaspoon salt, 1/8 teaspoon pepper)

INSTRUCTIONS:

1. In a medium bowl stir together refried beans, whole beans, and spice mix until blended.
2. Place oil in a warm skillet. Use your hands to roll walnut size balls of the bean mixture and then press to flatten into small patties. Place the patties in the skillet and cook on both sides until browned.
3. Cut the dinner rolls in half. Put a small amount of ketchup on one half, and a spoonful of guacamole and some lettuce on the other half.
4. Use a spatula to position the black bean sliders on the side with ketchup and top with the other half.
5. Eat and enjoy!

Yield: Tastings for 24 Kids

Source: *Nutrition Department Original*

Harvest
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