

Amanda's Muy Bueno Black Bean Cakes + Groovy Green Savory Sauce + Creamy Cuban Lime Sparklers



amanda's muy bueno black bean cakes

drain + rinse + slice + chop

Drain and rinse **1 can of black beans**. Slice **4 green onions** thinly (white and green parts!). Chop **1/2 a green bell pepper**. Rip leaves from **1/2 a bunch of cilantro** and chop into small pieces.

smash + peel + mince + add

Use your hands and your weight to smash **2 cloves of garlic**, then remove the peel and chop up (using kid-friendly knives!) the cloves. Add the garlic to a mixing bowl with the chopped bell pepper, sliced green onions, and black beans.

crack + whisk + measure + mix

Crack **2 eggs** (**EGG ALLERGY: use 1/2 ripe avocado instead OR whisk together 2 T ground flaxseed with 6 T water**) and add to the beans and chopped veggies. Measure and add **1/4 C cornmeal**, **2 tsp ground cumin**, **1/2 tsp salt**, **1/4 tsp black pepper**. MIX!

Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

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heat + pan-fry + dollop + eat!

Adults: heat **1/4 C olive oil** in a medium non-stick or cast iron skillet over low heat. Swirl oil around in skillet to coat the surface. Drop 1-2 T of black bean mixture carefully into the pan and let fry to golden brown before flipping and browning the other side. Repeat until all black bean cakes are made. Dollop with **sour cream** and **Groovy Green Savory Sauce** (recipe below!) And EAT! Or as we say in Spanish, **Buen Provecho!**

groovy green savory sauce

tear + rip + smash + peel + mince

Tear cilantro leaves from **1/2 a bunch of cilantro**, then rip into tiny pieces. Use hands to smash and peel **1 clove garlic**. Mince the garlic into tiny pieces. Add cilantro and garlic to a mixing bowl

squeeze + measure + add + mix

Squeeze juice from **1 lime** into the bowl with the cilantro and garlic. Measure and add **1/3 C olive oil**, **2 T soy sauce/Tamari/Coconut Aminos**, a **squeeze of honey**, and **salt and pepper** to taste. Whisk to combine. Taste and add more lime, salt, or honey to taste. Drizzle this sauce over pan-fried black bean cakes and ENJOY!

creamy cuban lime sparklers

squeeze + measure + blend + pour

Squeeze juice from **3-4 limes** into a blender. Measure and add **1/4 C sweetened condensed milk**, **2 C cold water**, and **2 C ice**. Blend until smooth. Then pour in **1 C sparkling water**, mix gently, and pour into cups to SALUD!

::continued::



Family Fun Recipes



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shopping list!

Amanda's Muy Bueno Black Bean Cakes

- | | |
|---|--|
| <input type="checkbox"/> 4 green onions | <input type="checkbox"/> 2 eggs (EGG ALLERGY: substitute |
| <input type="checkbox"/> 1/2 green bell pepper | 1/2 mashed ripe avocado OR 2 T |
| <input type="checkbox"/> 1/2 bunch cilantro | ground flaxseed whisked well with |
| <input type="checkbox"/> 2 garlic cloves | + 6 T water |
| <input type="checkbox"/> 1/4 C olive oil (for pan-frying) | <input type="checkbox"/> 1 (15-oz) can black beans |
| <input type="checkbox"/> Salt and pepper to taste | <input type="checkbox"/> 2 tsp cumin |
| | <input type="checkbox"/> 1/4 C cornmeal |
| | <input type="checkbox"/> OPTIONAL: 1/2 C sour cream |

Green Savory Sauce

- 1/2 bunch cilantro
- 1/3 C olive oil
- 2 T soy sauce/Tamari/Coconut Aminos
- 1 clove garlic
- Squeeze of honey
- Juice from 1-2 limes

Creamy Cuban Lime Sparklers

- 4-5 limes
- 1/4 C sweetened condensed milk
- 2 C ice
- 1 C sparkling water

::continued::

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Slicing, Dicing, Mincing, Tearing, Whisking!

KITCHEN TOOLS PhD recipes help us get comfortable using common cooking tools in the kitchen, including our hands!

Kitchen tools help young chefs develop and hone fine motor skills as they prepare savory, delicious recipes.

SLICING: to cut into pieces using a sawing motion with your knife!

DICING: chopping foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe

TEARING: to pull or rip something apart into pieces

MIXING: to stir two or more ingredients together until well-combined

BLENDING: to combine two or more ingredients together so that they lose their individual characteristics and become smooth and uniform.

To be a Kid in CUBA!

It is mandatory for kids to attend school in Cuba - for this reason, the population in Cuba is highly educated overall. Education is free for all.

Cuba is one of the five remaining communist countries, which means that the government owns all of the land, factories, and machinery. Everyone is supposed to share whatever money they earn at work. Individuals do not own houses or land. The goal is to try to make life equal for everyone and to benefit the collective population over any individual person. In a sense, communism establishes a sense of togetherness among people from Cuba.

Cuba has a solid tradition of homemade toys. These may not be very sophisticated or beautiful in appearance, but they make a lot of children very happy. Cuban children have to prepare for the military. All Cubans, boy and girls, have to do "military service". This means that they have to spend a part of their life in the Cuban army, and it usually starts when they are age 15 as part of the Cuban Youth Army.

Time for a laugh!

What did one bean say to the other bean? **How you BEAN?!**

What do you call a lime that opens doors? **A KEY lime!**

Where does a lime go to look up information? **On-LIME!**

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