

Cook

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CHEF

Vegan Black Bean Meatballs

Yield: serves 4

Ingredients:

- 16 oz. black beans
- 1 cup gluten free oats
- 1 tsp small diced yellow onions
- 1 tsp small diced red pepper
- ½ tsp chopped fresh garlic
- ½ cup cooked quinoa
- 1 tsp fresh chopped cilantro
- 1 tsp fresh chopped parsley
- 1/2 tsp chipotle paste or smoked paprika
- 1 tbsp Italian seasoning
- 1.5 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder

Method:

First, drain your black beans and rinse till water runs clear.

Second, place beans in a food processor and pulse a few times. You want your beans to be in a rough cut but not smooth. You can always use a kitchen knife to chop as well.

Next, using a heated pan, sautee your peppers, garlic and yellow onions using your oil of choice until soft and cool.

Once fully cooked and then cooled, add all ingredients together into a bowl and mix to incorporate fully.

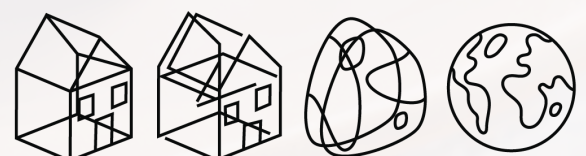
Next, portion out 2 oz scoops and roll into ball-like shapes using the palms of your hands.

Lastly, fry for about 2-3 minutes on each side, rotating/flipping every couple minutes until dark golden brown all over. Alternatively, you can bake your bean balls for 6-8 minutes, turn and then repeat for the same time.

Once cooked, serve with your choice meal and enjoy!

Chef's Note:

We suggest serving these with a warm tomato vegetable marinara, over lentil pasta and/ or on top of spaghetti squash, enjoy!



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SUSTAINABILITY MONTH