Black Bean Meatballs

FOODSERVICE

SERVING SIZE: **24**

Ingredients

- 1 1/2 pounds Ground Beef 80%
- 1 1/2 pounds **Furmano's Black Beans,** Drained & Rinsed
- 1/2 cup Onion, Diced
- 1/4 cup Red Pepper, Diced
- 1 tablespoon Minced Garlic
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Dry Oregano
- 1 tablespoon Chopped Cilantro
- 2 each Eggs
- 1/4 cup Ground Dried Chick Peas

In This Recipe



Black Beans, Low Sodium - Bella Vista



Pouch Black Beans in Brine



Black Beans in Brine

Preparation

1. In a food processor, add Black Beans and puree.
2. In a large bowl, add the Black Bean Puree, Ground Beef, Diced Onion, Diced Red Pepper, Minced Garlic, Salt, Black Pepper, and Oregano. Mix well to incorporate
3. When well blended, add chopped Cilantro, Eggs, and Ground Chick Peas. Mix together
4. Preheat oven at 350* Form mixture into small balls, approximately 2 ounces each.
5. In a medium sized pan over medium high heat, add Olive Oil to pan and sear meatballs until golden brown on both sides. Finish in oven for 20 minutes

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