

Spiced Chili Bean Fries



FOODSERVICE

SERVING SIZE: 6

Ingredients

- 2 1/8 cups **Furmano's Chili Beans in Sauce**, Drained
- 1 cup Whole Wheat Flour
- 3/4 teaspoon Salt

In This Recipe

Preparation

1. In a food processor, puree Furmano's Chili Beans in Sauce.
2. While the processor is running, add Whole Wheat Flour and Salt.
3. Run processor until dough ball is formed. Remove dough from food processor and allow to rest for 20 minutes.
4. On a floured surface, roll out dough into a 1/8" thick sheet. Cut dough into strips and trim the strips to 3" long.
5. Deep Fry in 375* oil until "fries" float. Drain and add additional salt if desired.
6. You also could boil the strips of bean dough to make a high fiber and protein pasta.

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