



BLACK BEAN BALLS

This week's recipe is brought to you by the Medical Medium and made by Affordable Wholefoods owner, Denise Carroll. A real crowd-pleaser, the spiced black bean balls in fresh tomato-based sauce can be served with zucchini noodles or fresh pasta for a delicious dinner.

Serves: 3-4

Ingredients:

1 ½ cups *cooked black beans* or 1 15 oz can, drained and rinsed
¾ cups *gluten-free oats*
½ cup *diced onion*
3 *garlic cloves*, roughly chopped
2 *tbsp tomato paste*
½ *tbsp onion powder*
1 *tsp paprika*
¼ *tsp smoked paprika*
½ *tbsp chilli powder* (optional)
½ *tsp ground cumin*
1 *tsp dried oregano*
Sea salt, to taste (optional)

Tomato sauce

½ cup *diced onion*
2 *garlic cloves*, minced
3 cups *crushed tomatoes*
¼ cup *tomato paste*
1 *tsp dried or fresh basil*
1 *tsp dried or fresh oregano*
1 *tbsp coconut sugar*
½ *tsp red pepper flakes*, to taste (optional)
Sea salt, to taste (optional)
Fresh basil or parsley, for garnish

Method:

Preheat oven to 200 degrees.

Mix the ball ingredients in a food processor or blender.

Form the mixture into balls (you should get about 14-16) and cook on a non-stick oven-proof skillet on medium-high heat until browned on all sides. Transfer pan to oven and bake for 20 minutes, until crispy.

While the balls are in the oven, in a separate pan, add the crushed tomatoes, tomato paste, basil, oregano, coconut sugar, red pepper flakes (if using), and sea salt (if using). Cook uncovered, for 5-7 minutes, until slightly thickened and the flavours have infused.

Add the cooked balls to the pan and coat with sauce. Serve immediately, with noodles/pasta and garnish with fresh basil or parsley.

Vegan | Gluten-Free | Dairy-Free