



Black Bean Cakes & Red Pepper Coulis, v2

INGREDIENTS

Black Bean Cakes:

1 cup shredded carrots (2 medium)
1-2 cloves garlic
1 medium onion, minced
1 tablespoon water
2 tablespoons canola or olive oil
1 medium red bell pepper, minced
1 medium yellow pepper, minced
3 cups cooked black beans, drained
OR 2—15.5 oz cans, drained
1-2 teaspoon/s cumin
1 tablespoon fresh or dried parsley
1½-2 teaspoons salt
1-1½ cup cornmeal

Red Pepper Coulis:

12-15 ounces roasted red peppers, drained
½ teaspoon minced garlic OR 1 garlic clove
1 tablespoon olive oil
salt to taste

DIRECTIONS

Black Bean Cakes:

1. Spray cookie sheet with oil.
2. Sauté carrots, onion, and garlic with water in a medium-sized pot.
3. Add peppers. Cook until soft.
4. Add oil, black beans, and seasonings. Mix well. Cook 5 more minutes.
5. Set aside to cool slightly.
6. Add cornmeal until the mixture is sticky enough to form into patties.
7. Form into patties and bake 20-25 minutes on each side at 350°. Serve warm.
8. Add one tablespoon red pepper coulis on each cake when ready to serve.

Red Pepper Coulis:

Mix all ingredients in blender and serve at room temperature over black bean cakes.

Servings: 16 1 x 3-inch cakes with 1 tablespoon of coulis.

ADAPTED FROM *Cooking Entrees With the Micheff Sisters*. For more information visit www.adventistbookcenter.com