



# Veggie Bean Ball Base

**Servings: 5**

**Serving size = 4 balls**

## Equipment:

Knife, cutting board, stovetop, large fry pan/skillet, measuring cups, measuring spoons, tongs, large mixing bowl, mixing spoon, fork or other tool for mashing, strainer/sieve (optional), tray or plate to place formed balls

## Ingredients:

- 1 can reduced sodium red kidney beans, drained
- 1 can reduced sodium black beans, drained
- 1 cup mushrooms, small chop/dice
- 1/2 medium onion small chop/dice
- 1/2 cup breadcrumbs
- 3/4 cup oats, pulsed
- 1/2 cup parsley, finely chopped
- 1 tsp garlic, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp or more of dried herb or unsalted seasoning of choice \*
- 2 Tbsp extra virgin olive oil

## Preparation:

1. Add drained red and black beans to your mixing bowl. Use a fork or other mashing method to mash the beans.
2. Add the remaining ingredients \* to the mashed beans, and combine with a mixing spoon or by hand to incorporate ingredients well.
3. Form 20 balls and let balls rest on a tray or plate for 2-5 minutes prior to cooking.
4. Add extra virgin olive oil to your large skillet. Heat over medium to medium-high heat. Add your veggie balls and brown on all sides.
5. Serve plain, with your favorite sauce, or keep warm in the oven prior to serving. Store leftovers in an airtight container in the refrigerator for 3-5 days, or in the freezer.

**\*Flavor Note:** *Improvise and get creative with your flavors!!! Add your favorite combination of herbs and seasonings to this base. Use it as a blank canvas!*

Nutrition Facts per serving:

## Calories 258

Total Fat 2.6g (3%)  
Saturated Fat 0.4 g (2%)  
Trans Fat 0g  
Cholesterol 0mg (0%)  
Sodium 469.3mg (20%)  
Total Carbohydrate 47.1g (17%)  
Dietary Fiber 9.6g (34%)  
Total Sugars 4.3g  
Added Sugars 2.2g  
Protein 13.7g  
Vitamin D 0mcg (0%)  
Calcium 147.3mg (11%)  
Iron 4.2mg (23%)  
Potassium 814mg (17%)

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