

Black Bean Cakes



Ingredients:

- 2 cups dried black beans*, rinsed, soaked overnight and drained
 - 4 cups water
 - 8 cloves garlic, minced
 - 1/2 cup fresh cilantro, chopped
 - 1/2 teaspoon salt
 - 2 tablespoon olive oil
- * *Can substitute 2 – 15 ounce cans of black beans, rinsed and drained*

Directions:

1. In a large saucepan over high heat, combine the black beans and water.
2. Bring to a boil then immediately reduce heat to low, cover partially and simmer until the beans are tender, about 1 hour.
3. Drain beans well and add to a large bowl.
4. Mash the beans and garlic together.
5. Add the cilantro and salt. Form the mashed mixture into 8 cakes.
6. Transfer to a plate and refrigerate 1 hour.
7. In a large, nonstick skillet, heat olive oil over medium heat.
8. Add the cakes and cook, turning once, until warmed and slightly crisp, about 5 minutes.

Makes 8 servings.



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