

YIELDS: 4

Black Bean and Mushroom Meatless Balls

Meatless options are all the rage these days, but, unfortunately, so many are made with questionable fillers. Because of this, I wanted to come up with a meatless ball only made of fresh, recognizable ingredients-- and this turned out to be no easy feat! It took a lot of trial and error and some less than perfect spice mixtures, but I finally ended up with this bean and mushroom combination that has a hearty texture and a satisfying umami flavor. These bean balls will pair wonderfully with pasta or zoodles, and are delicious with my recipe for Mom's Canned Spaghetti Sauce (without the canning). Enjoy!

PREP TIME

TOTAL TIME

20 Minutes

77 Minutes

Ingredients:

- 1 C of cooked black rice, follow package directions.
- 1 15.5 can of black beans, drained and rinse
- 1 15.5 can of chickpeas, reserve 1 TBSP of liquid, drain and rinse
- 3 TBSP vegetable broth
- 1 TBSP chickpea liquid
- 2 eggs
- 6 oz baby bella mushrooms, chopped small
- 1/2 medium onion, chopped small
- 1 TSP garlic, minced
- pinch of salt
- 1/2 TSP Mrs. Dash Original, Divided
- 1/3 C plain bread crumbs
- 1 TBSP olive oil
- 1 TBSP nutritional yeast
- 1 TBSP onion powder
- 1 TSP parsley (dried or fresh)
- 1 TSP basil (dried or fresh)
- 1/2 TSP oregano, dried
- 1/2 TSP thyme, dried
- 1/4 TSP salt

Instructions:

Blend black beans, chickpeas, vegetable broth, chickpea liquid and eggs until almost smooth in a blender. Add to a large mixing bowl.



Heat a non-stick pan over medium and spray with olive oil cooking spray. Add onions, mushrooms, garlic, salt and a 1/4 TSP of Mrs. Dash and cook for 5-7 minutes until soft and a bit brown. Set aside to cool.

Add black rice, bread crumbs, olive oil, nutritional yeast, onion powder, parsley, basil, oregano, thyme, salt, a 1/4 TSP of Mrs. Dash Original and mushroom mixture to the bean puree and mix until combined. Cover and chill in the fridge for at least an hour.

Preheat oven to 375 degrees

Roll mixture into 1 1/2 inch balls and place on a foil lined baking sheet that has been sprayed with cooking spray. Spray top with cooking spray. Cook for 30 minutes. Flip balls and cook for an additional 20 minutes.

Makes 16 balls, 4 ball per serving

Serve with [Mom's Canned Spaghetti Sauce \(without the canning\)](#) and spiralized zucchini noodles.