

Bean "Meat" Balls

Ingredients

2 tbsp olive oil

1 medium onion, chopped

16 oz sliced mushrooms,

1 tsp freshly ground pepper

1/4 tsp salt

1 (15 oz) can kidney beans, drained

1/2 cup chopped parsley

3/4 cup finely chopped walnuts

1/2 cup whole wheat bread crumbs

1/4 cup grated parmesan

Directions

Preheat broiler. Warm 1 tablespoon of the oil in a large sauce pan and cook the onions until soft, about 5 minutes. Add the mushrooms, pepper and salt and cook, stirring occasionally, until mushrooms are browned and most moisture has evaporated.

Take pan off the heat and let mushrooms cool a bit. Meanwhile empty the beans into the bowl of a food processor and puree until quite smooth. Add the parsley, the walnuts and the cooled mushroom mixture and process a little more, but leave them just a little chunky. Transfer the mixture to a bowl, work in the bread crumbs and parmesan and refrigerate for 30 to 1 hour to firm up.

With a small ice cream scoop or damp hands form small (about 1 to 1-1/2 inch) balls. Place bean balls on a rimmed baking sheet and broil on all sides until browned and heated through – about 10 minutes total.

