



Black Bean Cakes with Tasti – Lee Tomatoes and Spicy Yogurt Sauce

Yield 4 to 6 Servings

Ingredients

2 15 ounce cans low sodium black beans, drained and rinsed
2 Large Tasti – Lee tomatoes, seeded and chopped
1/2 cup Florida bell pepper, chopped (any color will do)
1/4 cup chopped fresh cilantro
1/2 cup green onion or scallion, chopped
2 large garlic cloves, minced
2 teaspoons ground cumin
1 teaspoon chili powder
1 cup all purpose unbleached flour plus more as needed
Canola oil or vegetable oil for cooking
Kosher salt and fresh ground pepper to taste

Preparation

In a medium sized mixing bowl, add all ingredients except oil. Mix until well combined. Separate about 1/3 of the mixture into a small mixing bowl. Mash the small bowl of bean cake mix into a mush and return it to the rest of the mixture. Stir to completely combine. Adjust seasoning with kosher salt and fresh ground pepper. If the mixture is thin, then slowly add more flour 1 tablespoon at a time until its thick enough to form a ball and stay that way.

Place a large sauté pan over medium high heat. When the pan is up to temperature add about 4 tablespoons of oil. Portion out golf ball sized patties and carefully place them in the hot oiled sauté pan. Working in batches, cook bean cakes until crisp and golden brown on both sides. Lightly flatten cakes with a spatula during the cooking process. Drain hot bean cakes on a paper towel. Continue cooking until all bean cake batter is done. Keep cakes warm in a 250 degree oven until ready to serve.

Spicy Yogurt Sauce

Yield 4 to 6 Servings

Ingredients

2 cups plain low-fat yogurt
1 lime, juiced
1 tablespoon dried cumin
1/4 cup cilantro, chopped fine
1 teaspoon chili powder
Kosher salt and fresh ground pepper to taste

Preparation

In a small sized mixing bowl, combine all ingredients and mix well. Taste and adjust seasoning with kosher salt and fresh ground pepper. Keep chilled. Serve with bean cakes.