

Bean “Meat” Balls and Spaghetti

Serves 4. Recipe from Ontario Bean Growers

Preheat oven to 375 degrees. Line a baking sheet with parchment paper or silicone sheet

- 1 Tbsp cooking oil
- 1 small onion chopped
- 8 small mushrooms sliced
- 2 cloves of garlic minced
- 1 can Romano beans drained and rinsed (540 ml) I like to use rehydrated beans.
- 1 egg
- 1 cup breadcrumbs, divided
- ½ cup parmesan cheese, dry or fresh grated
- ¼ cup parsley chopped or 2 Tbsp dry
- ¼ tsp each salt and pepper
- ½ Tbsp dried oregano
- 3 cups tomato sauce
- 1 lb dried spaghetti

Saute onion and mushrooms in cooking oil, about 5 minutes. Add garlic, cook 2 more minutes. Remove from heat and cool 2-3 minutes

In a food processor pulse beans and mushroom onion mixture, not pureed.

In a medium bowl add bean mushroom mixture, egg, ¼ cup bread crumbs parmesan cheese, parsley, salt and pepper; mix until well combined.

In a shallow bowl add remaining breadcrumbs and oregano, mix to combine.

Using your hands, form bean mushroom mixture into 1 inch balls: roll in breadcrumbs and place on lined baking sheet. Bake in preheated oven for 25 minutes.

Place finished bean balls into pan with tomato sauce and simmer until sauce is warmed through, about 8 minutes.

Prepare pasta. Serve sauce and bean balls over spaghetti noodles. Optional: sprinkle with cheese.

NOTE: Bean balls are also delicious with sauce in a crusty bun.

Baked bean balls freeze well.

Enjoy!

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