

## Black Bean “Meatballs”



Serves 6

### Ingredients:

- 2 cans (1kg) black beans rinsed, drained
- 1 medium jalapeno chili, chopped
- 2 tsp finely chopped gingerroot
- 1 cup loosely packed cilantro leaves
- ¼ cup unsweetened coconut flaked
- ½ tsp curry powder
- Salt and pepper to taste
- 4 cups cooked couscous, warm

### Procedure:

- Process beans, jalapeno chili, gingerroot, cilantro, coconut, and curry powder in a food processor until smooth.
- Season with salt and pepper to taste.
- Shape mixture into 30 “meatballs”.
- Bake “meatballs” in a baking pan at 175°C/ 350°F until hot, 15 to 20 minutes.
- Serve on couscous.

### Per serving:

- Calories: 284
- Protein: 20 gm
- Carbohydrates: 56 gm
- Fat: 3 gm

Nicely picante and spiced, these “meatballs” will have everyone asking for second servings!