

Oat & Kidney Bean Balls | Gluten Free & Vegan

- Total Time: 40 mins
- Cook Time: 30 min
- Serves: 2

Ingredients:

For the Bean Balls:

1 1/2 tbsp olive oil
1/2 onion
1 clove of garlic
1 can kidney beans
1/2 cup rolled oats
1 tbsp tomato paste
1 tsp oregano
1 tsp basil
salt - a pinch
pepper - a pinch

For the Tomato Sauce:

1 tbsp olive oil
1 onion
2 cloves of garlic
1 tin tomatoes
1/2 tbsp basil
salt - a pinch
pepper - a pinch

Method:

For the Bean Balls:

Sauté 1/2 onion and 1 clove of garlic in 1/2 of olive oil. Set aside.

Put 1 can of strained kidney beans in a bowl and mash with fork.

Add the sautéed onion-garlic mixture, rolled oats, tomato paste, oregano, basil, olive oil, and salt & pepper. Mix well.

Use hands to form 12 bean balls.

In a frying pan, heat olive oil and fry the bean balls for 7 mins (3 - 3 1/2 minutes per side). Set aside.

For the Tomato Sauce:

In a saucepan, sauté onion and garlic in 1 tbsp of olive oil.

Add 1 tin of tomatoes, basil, and salt & pepper to taste.

Simmer for 20 minutes.

Serve the bean balls and tomato sauce on top of rice, top it off with basil, and enjoy!