
Shiitake Bean Patties

Description

Shiitake Bean Patties are packed with flavor and perfect for a satisfying meal! Make a batch in advance, and just cook them up whenever you're ready to eat—convenient, delicious and totally crave-worthy.

Total time: 45 min Yield: 4 servings

Ingredients

15 oz cannellini beans (rinsed & drained well)
2 Tbsp olive oil
½ cup onion (chopped)
2 Tbsp celery (chopped)
½ cup fresh shiitake (chopped)
1½ tsp fresh rosemary
1 tsp dry oregano
½ tsp salt
¼ tsp black pepper
2 clove garlic (minced)
¼ cup sun-dried tomatoes (chopped)
¼ cup parsley (chopped)
3 Tbsp breadcrumbs

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

In a food processor, pulse the beans until partially mashed.

In a large skillet, heat oil and sauté the onion, celery and shiitake for a few minutes. Add in the rosemary, oregano, salt, pepper and garlic and cook a few more minutes then add it to the beans in the processor and pulse to combine. Transfer mixture into a large bowl and add in the sun-dried tomatoes, parsley and bread crumbs; mix well then form into patties.

In a large skillet on medium high heat, add a bit of oil to coat the pan and sauté both sides until browned, about three minutes. Alternately, you may bake in a 350°F oven on a parchment lined baking sheet for approximately 30 minutes, turning once.

Delicious served with hot rice and sautéed greens!

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