

Black bean and sundried tomato pasta

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For meatballs

- 2 tsp canola oil
- 1/3 cup white onions, diced small
- 2 tsp garlic cloves, peeled and minced
- 2 cups canned, low-sodium black beans
- 1/3 cup julienned sundried tomatoes (with oil drained away)
- 1/2 cup Panko breadcrumbs
- 2 tsp Italian seasoning
- 1 tsp kosher salt
- 1/2 tsp ground black pepper

To cook meatballs

- 2 tsp canola oil

For marinara

- 2 cups canned marinara sauce
- 4 tsp fresh chopped basil

For service

- 3 cups whole wheat penne pasta, cooked

Instructions

For meatballs

1. On a flat-top grill, heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Remove from heat and let cool.
2. In a food processor, pulse onion/garlic mixture, beans, bread crumbs, sun dried tomatoes and spices until broken down and combined but not over-processed into a paste.

3. Portion out 1.5 ounces of the mixture and roll into balls on a parchment-lined sheet tray. Freeze for 10 minutes or refrigerate for 30 minutes.

*This can be done in advance—place meatballs in hotel pan wrapped in plastic wrap. Freeze until needed.

To cook meatballs

1. On a flat-top grill or in a large skillet, heat oil over medium-high heat. Sear off meatballs on all sides, about two minutes per side, until golden-brown and cooked through.

Meatballs can also be baked in the oven at 400 degrees F for 20 minutes or until cooked through, flipping halfway.

Hold hot for service.

For marinara

1. In a large pot on low heat, heat sauce for 10-15 minutes or until it reaches a simmer. Fold in basil. Hold hot for service.

For service

1. Add 1 1/4 cup pasta to a bowl. Top with 1/2 cup of sauce and 4 meatballs.

Notes

Each serving provides 2 meat alternate, 2-ounce grain equivalent and 1/2 cup of other vegetables.

Nutrition

The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.

Serving: 15.12oz | Calories: 802kcal | Carbohydrates: 152g | Protein: 34g | Fat: 12g | Saturated Fat: 1.5g | Sodium: 970mg | Fiber: 27g | Sugar: 10g