

# Cuban black bean fritters rice bowl

*by Humane World for Animals Culinary Innovation Chefs*

Serves 4

## Ingredients

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### Black bean fritters

- 2/3 cup canned black beans, drained and rinsed
- 1/3 cup red bell pepper, chopped
- 3 tbsp yellow onions, chopped
- 3 tbsp fresh cilantro, chopped
- 2 tsp ground cumin
- 2 tsp garlic cloves, peeled and minced
- 1 tsp dried oregano, ground
- 2/3 tsp kosher salt
- 1/3 tsp ground black pepper
- 1/3 cup chickpea flour
- 2 tbsp aquafaba (bean juice)

### Vegetable mixture

- 2 tsp canola oil
- 2/3 teaspoons kosher salt
- 2 cups sweet potatoes, peeled and medium diced
- 2 cups red onions, cut into 1/4-inch slices
- 2 cups fresh Swiss chard, torn

### Mojo sauce

- 1/4 cup fresh cilantro
- 2 tbsp orange juice
- 1/4 cup canola oil
- 1 tbsp lime juice
- 1 tbsp serrano peppers, chopped
- 1 1/3 tsp white granulated sugar
- 2/3 tsp garlic cloves, peeled and minced
- 2/3 tsp kosher salt
- 4 cups jasmine rice, cooked
- 4 tsp fresh cilantro, minced

- 4 tsp sunflower seeds, roasted and salted

## Instructions

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### For black bean fritters

Heat a fryer to 350 degrees. In a food processor bowl, combine onions, bell pepper, cilantro, beans, cumin, oregano, garlic, salt and pepper. Pulse until mixture is broken down, but not into a paste, scraping the sides as needed. In a large mixing bowl, remove contents from food processor and add aquafaba and chickpea flour. Mix until thoroughly combined, Place in fridge for at least an hour. Reserve. Scoop mixture into 1.5 ounce balls. Place into fryer and allow to cook for 5-6 minutes, or until dark golden brown. Remove and drain on paper towels. Keep hot for service.

### For vegetable mixture

Preheat oven to 425 degrees. In a mixing bowl, combine oil, salt, sweet potato and onions. Toss until combined. Place on parchment lined sheet pan and bake for 30 minutes or until sweet potatoes are tender and onions are slightly charred, rotating pan every 10 minutes. Remove sheet pan from oven and quickly add chard to pan, and allow to wilt. Place mixture into holding vessel and keep hot for service. For mojo sauce In a blender place orange juice, lime juice, serrano peppers, garlic, cilantro, oil, sugar and salt and blend until smooth. Cover and place into cooler until service.

### For service

Place 1 cup rice in bottom of bowl. Toss 1 cup of vegetable mixture with 1 tablespoon of mojo sauce and place on right side of bowl. Stagger 3 fritters on left side. Garnish with 1 tablespoon of mojo sauce, 1 teaspoon cilantro, and 1 teaspoon sunflower seeds.

## Notes

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

## Nutrition

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Serving: 12.4oz | Calories: 803kcal | Carbohydrates: 143g | Protein: 17g | Fat: 18g | Saturated Fat: 2g | Sodium: 687mg | Fiber: 12g | Sugar: 9g