Italian Bean Patties

Ingredients:
- 2 cups cooked beans
- 1 egg, beaten
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 teaspoons Italian Seasoning
- 1 cup dry bread crumbs
- 2 tablespoons cornmeal
- 1 tablespoon vegetable oil

Equipment:
- Large bowl
- Mixing spoon
- Spatula
- Non stick skillet

Directions
1. In a large bowl, mash beans.
2. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and bad smells. If it is OK, add to bowl. Be sure to wash hands after handling eggs. Add to bowl with beans.
3. Add garlic powder, onion powder, and Italian seasoning. Mix well.
4. Stir in bread crumbs. If mixture seems too wet add more breadcrumbs 1 tablespoon at a time until mixture resembles meatloaf.
5. Shape into little sausages or patties. Roll in cornmeal or flour.
6. Fry slowly in vegetable oil over medium heat until crusty and golden brown.