

## 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

Number of Servings: 8  
 Prep Time: 10 minutes  
 Total Time: 10 minutes

### 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.

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### Nutrition Facts

Serving Size: 1 patty  
 Servings: 8

Amount Per Serving		Calories from Fat 27	
		%Daily Value*	
Calories	152		
Total Fat	3g	9%	
Saturated Fat	1g	9%	
Cholesterol	27mg	16%	
Sodium	126mg	12%	
Total Carbohydrate	24g	1%	
Dietary Fiber	3g	1%	
Protein	7g	40%	
Vitamin A	1%	Vitamin C	1%
Iron	12%	Calcium	7%

\*Percent Daily Values are based on a 2,000 calorie diet.

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