



Black Bean Cakes

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 26 hours 55 minutes

The black bean cakes usually get the same question asked, "what are they". Then, when they taste it, the combination of black beans, onion and peppers with the tart sour cream will get a definite "thumbs up".

1/2 pound dried black beans, rinsed, (see NOTES to used canned beans)

2 tablespoons olive oil

1/2 medium onion, chopped

1/2 each green bell pepper, chopped

2 cloves garlic, chopped

1/2 each jalapeno pepper

1 tablespoon honey

1 tablespoon cider vinegar

1 tablespoons chili powder

1 tablespoons ground cumin

1/2 cup sour cream

NOTE: I used canned black beans for this recipe and it came out just fine.

SERVING IDEAS: The Black Bean Cake recipe is a great accompaniment for Grilled Shrimp w/Corriander Sauce (see recipe). Also, can be served with grilled shrimp or simply with grated cheese and salsa.

Per Serving (excluding unknown items): 227 Calories; 9g Fat (33.0% calories from fat); 9g Protein; 30g Carbohydrate; 7g Dietary Fiber; 9mg Cholesterol; 49mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 82mg Calcium; 3mg Iron; 668mg Potassium; 161mg Phosphorus. Exchanges: .

PREP BEANS (overnight):

Place black beans in heavy medium pot. Cover with water. Soak overnight.

MAKE BEAN MIXTURE (2 hours - make up to 2 days ahead):

Drain beans. Add enough fresh water to pot to cover beans by 4 inches. Boil until just tender, about 1 hour.

Heat 1 tablespoon oil in heavy medium skillet over medium heat. Add onion, bell pepper, garlic and jalapeno. Sauté until tender, about 6 minutes.

Add onion mixture to beans.

Stir in honey, vinegar, chili powder and cumin. Simmer over low heat until beans are very tender and liquid is absorbed, stirring occasionally, about 45 minutes. (Can be made 2 days ahead. Cover and chill.)

MAKE & COOK PATTIES (35 minutes):

Puree beans in processor.

Season with salt and pepper.

Transfer to non-stick skillet. Stir over medium heat until very thick and dry, 4 minutes.

Cool.

Form bean puree into six 2-inch diameter cakes.

Heat 1 tablespoon oil in large skillet over medium heat. Fry cakes in skillet until brown, about 4 minutes per side,

Top with sour cream.