

# Black Bean Cakes with Florida Tomatoes and Spicy Yogurt Sauce

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## Ingredients:

### Black Bean Cakes with Florida Tomatoes

- 2 (15-ounce) cans low-sodium black beans, drained and rinsed
- 2 large tomatoes, seeded and chopped
- 1/2 cup bell pepper, chopped (any color will do)
- 1/4 cup fresh cilantro, chopped
- 1/2 cup green onion or scallion, chopped
- 2 large cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 cup all-purpose unbleached flour, plus more as needed
- canola oil or vegetable oil for cooking
- kosher salt to taste
- freshly ground pepper to taste

### Spicy Yogurt Sauce

- 2 cups plain low-fat yogurt
- 1 lime, juiced
- 1 tablespoon dried cumin
- 1/4 cup cilantro, finely chopped
- 1 teaspoon chili powder
- kosher salt to taste

## **Directions:**

### **Black Bean Cakes with Florida Tomatoes**

1. In a medium-sized mixing bowl, add all ingredients except oil.
2. Mix until well combined.
3. Separate about 1/3 of the mixture into a small mixing bowl.
4. Mash the contents of smaller bowl, and then return mashed mixture to the larger bowl.
5. Stir to combine.
6. Adjust seasoning with kosher salt and fresh ground pepper.
7. If the mixture is thin, then slowly add more flour, 1 tablespoon at a time, until thick enough to form into a ball.
8. Place a large sauté pan over medium-high heat.
9. When the pan is up to temperature, add about 4 tablespoons of oil.
10. Portion out golf ball-sized patties and carefully place them into the pan.
11. Working in batches, cook bean cakes until crisp and golden brown on both sides.
12. Lightly flatten cakes with a spatula during the cooking process.
13. Drain cakes on a paper towel.
14. Serve warm with Spicy Yogurt Sauce.

### **Spicy Yogurt Sauce**

1. In a small mixing bowl, combine all ingredients and mix well.
2. Taste and adjust seasoning with kosher salt and fresh ground pepper.
3. Keep chilled.
4. Serve with bean cakes.