

### **Vegan "meat" balls or patties.**

- 1 can of black eyed beans (drained and rinsed)
- 1/4 cup sunflower seeds
- 1/2 cup oats
- 1 med onion finely chopped
- 2 tbsp tomato puree
- 2 cloves garlic (grated or minced)
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- pinch of chilli flakes
- 1/2 tsp boullion powder (or salt and pepper to taste)



Blitz together in the food processor. Roll into little patties (I got about 14 little patties (about 1-1.5inches diam)

Fry them off.

I'm going to put them with a tomato sauce and have them with pasta. They'll be great with salad in a pitta too.

Eileen Longworth

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