

# BBQ BLACK BEAN MEATBALLS

Prep time: 10 minutes | Cook time: 10 minutes

4 Servings | Calories: 510 | Protein: 9 | Fat: 10 | Carbs: 54

*Gluten-Free, Dairy-Free, Vegetarian*

## INGREDIENTS

### Meatballs

- 1/2 cup oat flour,
- 1/2 gluten free oats
- 1/2 15 oz. can of black beans
- 1 tbsp. olive oil
- 1 tbsp. tomato paste
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1/4 cup cilantro, minced
- 1 Tbsp. basil, minced
- Water as needed
- 2 tsp. paprika

### BBQ Sauce

- 1/2 Tbsp. coconut oil
- 1/2 cup low-sugar BBQ sauce
- Red chili flakes, to taste

## DIRECTIONS

1. In a food processor, add oats and pulse until it forms a flour-like consistency. Add the rest of the meatball ingredients and continue to pulse until it forms a paste, about 3-5 minutes.
2. Transfer mixture to a small bowl and start rolling it into small, 1 inch balls.
3. Once all balls are formed, melt 1/2 Tbsp. on a sauté pan over medium heat. Add meatballs and lightly toast, stirring frequently so the balls cook evenly - about 5 minutes total.
4. Mix in BBQ sauce and red chili flakes and stir until all balls are evenly coated. Continue to cook the balls another 4-5 minutes, until thoroughly cooked. Remove from heat and enjoy!

