

BEAN BALL SANDWICHES

Recipe Adapted from: [Sobremesa](#)

Yields: 4 Sandwiches

ingredients

1 medium onion, diced
2-4 tablespoons vegetable stock/broth
2 cloves of garlic, diced
8 oz button mushrooms, wiped cleaned with dry towel and chopped
1 teaspoon salt
1 teaspoon dried oregano
1/2 teaspoon ground black pepper
a pinch - 1/2 teaspoon red pepper flakes (depending on your desired spice)
1, 15 oz can of cannellini beans, drained and rinsed
juice of 1 lemon, or about 2 tablespoons
1 tablespoon dried parsley
1 1/4 cups breadcrumbs, divided
4 sub rolls, i.e. Angelic Bakehouse
24 ounce jar of your favorite marinara sauce
spinach or other greens, for serving



directions

Preheat your oven to 375 degrees. Line a baking sheet with parchment paper or a silicone mat. Set aside.

Heat a skillet over medium heat. When the pan is hot, add the diced onion. As the onion begins to sauté, add 1 tablespoon of vegetable broth if the onions begin to stick. Add one tablespoon at a time, as needed. Cook onions until translucent and sautéed, about 5-7 minutes.



Next, add the garlic and chopped mushrooms. Cook for about 5 minutes.

Add the salt, oregano, black pepper, red pepper flakes, beans, and lemon juice. Stir and cook 1-2 minutes. Using a food processor, add your cooked mixture along with the parsley and 1 cup of breadcrumbs. Pulse until well combined. Let sit for about 5 minutes, which allows the breadcrumbs to soak up some moisture for rolling out the balls.

While the mixture sits, in a small bowl, add the remaining 1/4 cup breadcrumbs. Roll out the bean mixture into balls using about 2 tablespoons of mixture, roll in the breadcrumbs, and place on the prepared baking sheet.

Bake the bean balls for 30 minutes. Flip. Bake for another 20 minutes.

When the bean balls are almost done baking, warm a jar of marinara sauce in a saucepan over medium-low heat. When the bean balls finish baking, add them to warm sauce.

Prepare the sub roll by toasting (if desired). Add 3-4 bean balls to each roll and add fresh spinach to add a pop of color and a nutrition punch.

Enjoy!!

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