

Black Bean Biscuits

(Recipe courtesy of Northarvest Bean Growers Association of Minnesota and North Dakota.)

Yield: 8 servings (24 mini-biscuits)

Ingredients:

¼ cup all-purpose flour
2 teaspoons baking powder
1 tablespoon sugar
¼ teaspoon salt
¼ cup vegetable shortening
½ can (15-ounce size) black beans, rinsed and drained
2 tablespoons skim (fat-free) milk

Procedure:

Combine flour, baking powder, sugar and salt in mixing bowl and cut in shortening until mixture resembles coarse (pea-sized) crumbs. Process beans and milk in food processor or blender until nearly smooth. Add bean-milk combination to flour mixture and blend just until dough comes together. Pat dough on floured surface to ¼-inch thickness. Cut biscuits using a 1-inch cutter. Bake on ungreased baking sheet at 375 F until light brown, about 12 to 14 minutes. Serve warm as an accompaniment to salad or soup.

about 182
calories and
7.3 grams of fat
per serving
(3 mini-biscuits)

One serving of Black Bean Biscuits also contains 2.5 grams of fiber and 21 percent of the recommended daily value for folic acid.



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