

Easy Black Bean Meatballs

Ingredients:

- 1 cup rolled oats
- 1 (15oz) can low sodium black beans, drained & rinsed
- 1 tsp garlic powder
- 1 tsp onion powder
- $\frac{1}{8}$ tsp kosher salt
- $\frac{1}{2}$ tsp smoked paprika (optional)
- 1 - 3 tsp olive oil



Instructions:



1. Preheat oven to 425 degrees F.
2. In a food processor, pulse oats and spices into a slightly chunky powder.
3. Add black beans and turn on food processor.
4. With the food processor running, add 1 tsp of olive oil at a time until mixture is relatively smooth. Do not overprocess.
5. Portion out 1-inch scoops, press into balls, and place onto a parchment-lined baking tray.
6. Bake meatballs for 8 min. Flip the meatballs and bake for another 8 minutes.
7. Serve with warm pasta sauce over pasta.

Nutrition Facts

4 servings per container

Serving size 5 meatballs

Amount per serving

Calories 160

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 25g 9%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2.1mg 10%

Potassium 300mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.

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