White Bean Patties

This isn't exactly the kind of recipe that would normally catch my eye. But as we sit, just like you, housebound during the spring of COVID-19, I'm doing a few things out of the ordinary. It just happens that this week I received five pounds of organic spring carrots from a local farm, and three cans of white beans were ready for something in my pantry. So when this recipe came up in my feed this week I thought, why not?

It turned out to be a fantastic idea, made even better by a sprinkling of mixed Greek herbs from my podcast buddy, herbalist Teri Brooks. I can imagine using a number of other herb blends such as Italian seasoning, Herbes de Provence, or even Za'atar to enhance these patties, so please use your imagination.

Ingredients

- Olive oil
- I cup nut crumbs or gluten-free breadcrumbs
- 1 medium onion, finely diced
- 2 tablespoons tomato paste
- 2 teaspoons kosher salt
- 2 cups packed grated carrot (from four medium carrots)
- 3 tablespoons apple cider vinegar
- Three 15-ounce cans cannellini or other white beans, drained and rinsed
- 2 flax eggs (2 tablespoons flax meal and 5 tablespoons hot water, mix and let rest five minutes)
- 2 heaping tablespoons of mixed dried herbs (Greek, Italian, Herbes de Provence, Za'atar, etc.)
- Freshly ground black pepper
- Accompaniments, as you like

Directions

- 1. Begin by heating the oil in a large, heavy skillet. Add onion, reduce heat, and saute until translucent.
- Add tomato paste, salt, and carrots, increasing heat to medium. Cook for 8-10 minutes, stirring often, until golden brown and tender.
- 3. Pour vinegar over mixture, stir well and heat until all liquid has evaporated in the pan.
- Add herbs, salt, and pepper to taste and remove from heat.
- 5. Rinse and drain beans. Using a potato masher or large fork, roughly mash beans, leaving about ¹/₃ whole. Add to seasoned veggie mixture, along with flax egg, and blend well. You may want to use your hands to be sure all ingredients are well incorporated.
- Remove from skillet and allow mixture to set for 15-30 minutes.
- 7. Use an ice cream scoop or $\frac{1}{2}$ cup measure to portion and shape into patties. Wipe skillet clean, add oil to just cover the bottom. Heat cooktop to medium and add just three at a time, allowing for room to flip easily. Give each side 3-4 minutes to brown.

Note: Patties are fragile, so handle with care when turning and putting on platter to serve

Serve with this yummy avocado mayo or a sauce of your choice. Enjoy!

Inspired by Smitten Kitchen's Carrot and White Bean Burgers