



Bean and Corn Patty Pancake

Cook Time: 45 minutes

Servings: 8-10 patties

Ingredients

- 2 Cans Black Beans
- 1/2 Corn on the Cob
- 1 Egg
- 1/2 Grated Shallot
- 1 tbsp. Parmesan Cheese
- 6 tbsp. Almond Flour
- Salt to Taste
- Pepper to Taste
- 1/2 tsp. Chili Powder
- 3 tbsp. Olive Oil

Instructions

1. Put a pan on medium heat and add 1 tbsp. olive oil.
2. Drain 2 cans of beans and put in a bowl.
3. Mash them up with a potato masher.
4. Cut corn off 1/2 cob and add to bowl.
5. Add 1 egg.
6. Grate 1/2 shallot into the bowl.
7. Add salt, pepper, 1/2 tsp. chili powder, 1 tbsp. parmesan cheese and 6 tbsp. almond flour.
8. Mix everything until it's combined.
9. Make thin patties and put them in the pan.
10. Cook them until they're browned, about 2-3 minutes per side.
11. Add more olive oil to the pan for each batch.

