

## Black Bean Cakes with Salsa

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The Zone @ UCSD

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### Ingredients:

- 1 ½ cups prepared salsa
- 1 jalapeno pepper
- 2 15 ounce can black beans, rinsed and drained
- 18 ounce corn muffin mix
- 2 ½ teaspoons chili powder
- 2 tablespoons olive oil
- ½ cup sour cream
- ½ teaspoon chili powder



### Instructions:

1. In colander, drain 1/2 cup of the salsa. Seed and finely chop half of the jalapeno; thinly slice remaining half. In large bowl mash beans with vegetable masher or fork. Stir in muffin mix, drained salsa, 2-1/2 teaspoons chili powder, and chopped jalapeno.
2. In 12-inch skillet heat 1 tablespoon oil over medium-high heat. Add four 1/2-cup mounds of bean mixture to skillet. Flatten mounds with spatula to 3-1/2-inch-round cakes. Cook for 3 minutes on each side until browned. Remove from skillet. Repeat with remaining oil and bean mixture.
3. In bowl combine sour cream and 1/2 teaspoon chili powder. Top cakes with remaining salsa, sliced jalapeno, and seasoned sour cream. Makes 4 (2-cake) servings.

### Tips:

- Modify the heat level by adding or leaving out the jalapenos.
- Delicious by itself or can be served as a side.