Eat with Ease Recipe

Spicy Black Bean Cakes or Tacos

8 servings

**Ingredients**

* 2 tablespoons olive [oil](http://allrecipes.com/recipe/spicy-black-bean-cakes/detail.aspx?event8=1&prop24=SR_Title&e11=spicy%20black%20bean%20cakes&e8=Quick%20Search&event10=1&e7=Home%20Page), divided
* 1 tablespoon of minced garlic
* 2 fresh jalapeno peppers, finely minced
* 1 tablespoon ground cumin
* 2 (14.5 ounce) cans black beans, drained and rinsed
* salt and black pepper to taste
* 2 large sweet potatoes
* 1 egg, lightly beaten
* 1/2 cup plain dried bread crumbs

**Directions**

1. Remove the seeds from the jalapenos. Chop in chopper until finely minced.
2. Put black beans in food processor and process until they are a paste.
3. Peel sweet potatoes. Cut up and put in food processor. Process until they are a fine meal.
4. Heat 1 tablespoon olive oil in a small skillet over medium heat. Stir in garlic, 2 minced jalapenos, and cumin; cook until fragrant, about 30 seconds.
5. Transfer contents of skillet to a large bowl. Stir in black beans (now paste). Season with salt and pepper to taste. Mix in sweet potatoes, egg, and bread crumbs. Divide into 8 balls, and flatten into patties. If you want to use them to make tacos, rather than “burgers,” make them more oval than round.
6. In the oven, set cooking rack about 4 inches from heat source. Set oven to broil. Lightly grease baking sheet with 1 tablespoon oil.
7. Place bean patties on baking sheet, and broil 8 to 10 minutes. Turn cakes over, and broil until crispy, about 3 minutes more.

**Taco Directions**

1. Fill a small skillet with canola oil until it is approximately ½ inch deep. Heat oil on high heat.
2. Fold a corn tortilla in half so it covers the two sides of a refrigerated black bean cake.Use tongs to slowly lower the taco into the skillet. Turn the taco from side to side until both sides of the shell are crispy like a tortilla chip. Be sure to check the center.
3. Remove with tongs and set on paper towels to drain off excess oil.

**Original recipe (before we altered it) from: Christina5362 posted at** [**www.allrecipes.com**](http://www.allrecipes.com) **under food title above.**