

## **Vegan Bean Balls & Gravy**

### **Ingredients:**

Serves: 2-4

For the bean balls:

2 cans kidney beans, drained  
2 cloves garlic  
1 onion, diced  
1 tsp dried oregano  
2 tsp fresh basil, chopped  
2 tbsp tomato paste  
½ cup rolled oats  
Salt & pepper, to taste  
1 tbsp olive oil

For the gravy:

4 tbsp all-purpose flour  
1 cup coconut milk  
1 tbsp olive oil  
1 onion, finely chopped  
1 tsp garlic, crushed  
2 tbsp soy sauce  
1 ½ - 2 cups vegetable stock  
Salt & pepper to taste  
¼ - ½ cup Hellman's Vegan Mayonnaise

For the mash:

5 large potatoes  
1/3 cup Hellman's Vegan Mayonnaise  
Salt & pepper, to taste

### **Recipe:**

Bean Balls:

1. In a blender, add the beans, onion, garlic, spices, tomato paste and oats. Season with salt and pepper. Pulse slightly until blended but be careful not to over mix!
2. Form 12 - 15 balls and refrigerate for 30 minutes, overnight for best result.

3. In a medium pan, heat the olive oil over a medium heat and gently fry the bean balls for about 4-5 minutes until they are golden. Do this in two batches, not to overload the pan. Set aside.

Gravy:

1. Mix the flour and a  $\frac{1}{4}$  of the coconut milk together and mix to form a paste. Then add the rest of the coconut milk to the paste and whisk it in so that the flour and coconut milk is well combined and smooth.

2. Heat the olive oil to a saucepan & add the chopped onions and garlic. Fry until soft and translucent.

3. Add the flour and coconut milk mix to the saucepan along with the soy sauce and vegetable stock and whisk together.

4. Bring to the boil, whisking constantly and allow to boil for a few minutes until it thickens.

5. You don't need it to get very thick, because you want it to be a nice pourable consistency.

6. Remove from the heat, season to taste and whisk in the mayonnaise, adjusting quantity to your liking.

7. Return the saucepan to a low heat, stirring until emulsified.

Mash:

1. Cover the potatoes with water in a medium pot and bring to a boil over high heat.

2. Reduce the heat to a low and simmer for 15 minutes or until potatoes are soft and cooked.

3. Drain the water and mash the potatoes in the pot.

4. Whisk in the mayonnaise and season to taste.

5. Serve the bean balls on top of the mash and cover generously with gravy. Serve with a side of green beans, sprinkle with parsley and ENJOY!