



Colorado Pinto Bean Pancakes *Chef Ron Pickarski*

Yield: 1-1/2 cups mixture (Six 1/4th cup Pancakes)

3 level packed Tbp.(1 oz.)
175 grams (3/4 cup)

Eco-Cuisine Basic "Egg Style" Quick Mix
Cold Water

1. On medium heat, preheat a lightly oiled sauté pan (nonstick works best).
2. Pour dry mix into mixing bowl, add cold water and mix until evenly incorporated. Let set for 5 minutes.

3/4 cup

1/4 cup

1/4 cup

1/2 teaspoon

1 tablespoon.

2 tablespoons

3/4 teaspoon

1/4 teaspoon

1/4 teaspoon

1/16th teaspoon

1/2 cup

Cooked & drained Pinto Bean (Colorado Dry Beans)

Red Bell Pepper, fine diced (or Poblano Pepper)

Onions, finely diced

Minced Garlic

Sunflower Oil, Colorado Mills high heat

Cilantro, Chopped fresh

Chili Powder

salt

Cumin, ground

Turmeric, optional

Vegan American, shredded (Daiya or cheese of choice)

1. Preheat pan on medium heat. Add oil, onions, peppers, and salt. Sauté until the onions are translucent.
2. Add garlic and sauté another one minute.
3. Remove from heat and add to egg mixture along with beans, cilantro, chili powder, cumin, turmeric, and cheese. Mix until all ingredients are evenly dispersed.
4. Scoop 1/4th cup portions of zucchini egg mixture into heated pan and spread into a circle with spatula. Let cook on medium heat for 1-1/2 to 2 minutes (should be firm on top when touched). Flip and lightly brown opposite side of pancake.



Serve immediately or containerize and refrigerate until ready to use. Freeze thaw stable.

Yellow Bean Cilantro Pesto

The combination of roasted pine or cashew nuts, cilantro, and cumin create a flavor profile that compliments the Pinto Bean Pancakes. The beans enrich the texture and reduce the fat working off the oil while significantly increasing its nutritional density.

Yield: 1-1/2 cups

1/4 cup	Pine or <u>cashew nuts</u> , roasted
3 cups	Cilantro, fresh, chopped, and packed into cup
1/2 cup	Cooked Yellow Beans
1 tsp.	Cumin powder
1 tbsps.	Garlic, fresh, minced
6 tbsps.	Oil
1/2 tsp.	Salt
6 tbsps.	Water
	Lemon or Lime Juice (1 tbsp optional)

1. Roast nuts in pre-heated 350° F. oven for 10-15 minutes or until lightly browned and can pick up the roasted scent.
2. Wash, dry with towel by ruffling the cilantro in the towel with both hands and chop the cilantro
3. Place all ingredients in blender and blend until smooth. Containerize and refrigerate or freeze until ready to use.

Serve with

Flour tortillas and vegetable garnish of choice