



## Thai Black Bean Pancakes

Yield: 1-1/2 cups mixture (six 1/4<sup>th</sup> cup Pancakes)

3 level packed Tablespoon (1 oz.)      Eco Scramble Basic Mix  
200grams (14 Tablespoons)      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.

1 tablespoon	Coconut Oil
1/4 cup	Salt (black or plain salt)
4 teaspoons	Lemon Grass, chiffonade or minced
1 teaspoon	Garlic, fresh, minced
1/2 cup	*Rehydrated Instant or raw cooked black
beans	
1/4 cup	Cilantro, fresh chopped

3. Preheat oil on medium heat. Add onions and lemon grass. Sauté until onions are translucent. Add garlic and sauté for additional minute while stirring. Remove from fire.
4. Pour beans, fresh chopped Cilantro, and egg mixture into sautéed mixture or visa versa. Mix to incorporate.
5. Scoop 1/4<sup>th</sup> 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 for approximately one minute.

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

### \*Rehydrating Instant Black Beans

Yield: approximately 140 grams

100 grams	Teasdale Instant Black Beans
150 grams	Hot Water

Pour hot water into beans, cover and let set for 30 minutes or until hydrated.