

Black Bean Brownies

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Makes one 8- or 9-inch square pan; 16 or 20 brownies

"What in my what?" you ask. You'd never guess these rich, moist, velvety-textured chocolate treats contain black beans. The black beans contribute a rich dark color, amazing texture and make the brownies virtually gluten-free. Use canned black beans or simmer your own from dried beans.



INGREDIENTS

See the **Fudgy Brownies** recipe for information and pictures illustrating the method to line a baking pan with foil.

Vegetable oil OR vegetable oil spray

1 can (15-ounces) black beans, rinsed and drained (1 $\frac{2}{3}$ cups OR 9.6 to 9.8 ounces beans after rinsing, draining)

3 ounces semisweet OR milk chocolate OR a combination of the two chocolates, coarsely chopped
3 tablespoons (1.35 ounces) granulated sugar

Drained black beans (*prepared earlier*)
 $\frac{1}{4}$ cup canola oil (1.9 ounces) OR coconut oil (2 ounces)
1 $\frac{1}{2}$ tablespoons (1.2 ounces) chocolate syrup (*optional*)
2 large eggs, room temperature

1 large egg, room temperature
1 egg yolk, room temperature
 $\frac{3}{4}$ cup (5.65 ounces) light brown sugar
 $\frac{3}{4}$ cup (2.55 ounces) cocoa powder
 $\frac{3}{4}$ teaspoon instant espresso coffee powder (*optional*)
 $\frac{1}{2}$ teaspoon freshly ground nutmeg (*optional*)
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{3}{4}$ teaspoon salt
1 tablespoon vanilla extract
2 teaspoons all-purpose flour,
gluten-free flour blend, oat flour OR brown rice flour

DIRECTIONS

Prepare the baking pan: Line the bottom and all 4 sides of an 8- OR 9-inch square pan with foil. Lightly coat the foil on the **bottom of the pan** and **1 inch up the sides** with oil using a pastry brush OR *lightly coat* with oil spray; set aside. Position an oven rack in the lower third of the oven. Heat the oven to 350°F.

Prepare the black beans: Drain the black beans in a colander; *gently* rinse under cool running water. Set aside to drain briefly. Measure a *scant* 1 $\frac{2}{3}$ cups (9.6 to 9.8 ounces) beans. Set aside.

Prepare the brownie batter; process the chocolate: Place the semisweet OR milk chocolate and granulated sugar in the work bowl of the food processor fit with the metal knife blade. Process with long on/off pulses until the chocolate is chopped/ground very fine.

Add the wet ingredients: Add the drained black beans, oil, chocolate syrup and eggs to the chocolate mixture in the work bowl; process with long on/off pulses until the beans are puréed.

Add the remaining ingredients: To the food processor work bowl, add the remaining egg, yolk, brown sugar, cocoa, coffee powder (*optional*), nutmeg (*optional*), baking powder, salt and vanilla; process with long on/off pulses until the mixture is blended. Stop once to scrape the sides and bottom. Add the flour; blend with 2 pulses to incorporate.



TOPPING

$\frac{1}{3}$ cup (2 ounces) milk chocolate

OR semisweet chocolate chips
(optional)

Bake: Scrape the **batter** into the **prepared baking pan**; smooth the **top** of the **brownie batter** using an angled metal spatula. Evenly sprinkle the **chocolate chips** over the top of the **brownie batter** (optional). Bake the **brownies** at 350°F for 18 to 22 minutes, *OR* until an instant-read thermometer placed in the center of the **brownies** registers 190° to 195°F. Halfway through baking, rotate/reverse the **baking pan**.

Cool and serve: Allow the **brownies** to cool completely in the **pan** set on a **wire rack**, about 2 hours. Remove the **brownies** from the pan *by lifting out the foil*. Cut into 16 bars (4 by 4 rows) *OR* 20 bars (4 by 5 rows); serve. Store leftovers at room temperature in an airtight container.
