



### **Corned Beef Falafel**

- 4 Tablespoons coconut oil
- ½ Cup cooked corned beef
- ½ Can white beans (rinsed and drained)
- ½ Tablespoon onion powder
- 2 Tablespoons parsley
- 1 Tablespoon garlic powder
- 1 Teaspoon cumin
- ½ Teaspoon ground coriander
- 1 Teaspoon lemon juice
- 1 Teaspoon baking powder
- 1 Tablespoon olive oil (we use [Winona Pure](#))
- 1 ½ Cups [Glutino Honey Mustard pretzels](#) (ground)

In a medium pan on medium heat, add the coconut oil. Place the corned beef into a food processor and grind into smaller bits. Add the beans and the remaining ingredients and combine thoroughly. Transfer to a large bowl and form into individual balls or patties (patties may not stay together as well).

Place them into the pan and fry, gently turning to brown. Remove and set them on a plate lined with coffee filters to absorb excess oil.

Approximately 6 servings (Serving sizes vary depending on size formed)