

STARTER & SNACK

Southwestern Falafel

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	20 min	15 min	6	\$1.22	459 kcal



Southwestern Falafel takes around 35 minutes from beginning to end. For \$1.22 per serving, you get a hor d'oeuvre that serves 6. Watching your figure? This dairy free and lacto ovo vegetarian recipe has 459 calories, 7g of protein, and 35g of fat per serving.

Ingredients

- ☐ 2 teaspoons baking powder
- ☐ 1 pinch cayenne pepper
- ☐ 1 egg
- ☐ 1 small green bell pepper, chopped
- ☐ 1 dash hot sauce, or to taste
- ☐ 2 teaspoons peanut oil
- ☐ 1¼ ounce package dry taco seasoning mix
- ☐ 16 ounce pinto beans, drained
canned
- ☐ 1 cup dry bread crumbs, or more as needed
- ☐ 3 cloves garlic
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion, quartered
- ☐ 1 teaspoon salt
- ☐ 1 quart vegetable oil for frying, or as needed

Method

- 1 Heat vegetable oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- 2 Place onion, green bell pepper, egg, garlic, taco seasoning, baking powder, peanut oil, cumin, salt, and cayenne pepper in a food processor. Puree until smooth.
- 3 Pour pinto beans into mixture and pulse until pinto beans are chopped and integrated, but not smooth.
- 4 Transfer bean mixture to a large bowl; stir hot sauce into mixture.
- 5 Stir enough bread crumbs into mixture to form a dough that holds together, but isn't sticky.
- 6 Form dough into quarter-sized balls.
- 7 Deep-fry in hot oil until falafel are deep brown, about 3 to 5 minutes.

Nutrition per serving

459

KCAL

7 g

PROTEIN

35 g

FAT

31 g

CARBS

Saturated Fat	5.6 g · 35% of daily needs
Fibre	6 g · 24% of daily needs
Sugar	4.1 g · 5% of daily needs
Sodium	1,353 mg · 59% of daily needs
Cholesterol	27.3 mg · 9% of daily needs
Vitamin C	15 mg · 18% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/southwestern-falafel-148238