



Recipe Details

Recipe Name - Homemade Meatballs

Recipe Steps -

Ingredients

4 slices of whole wheat bread, toasted, then pulled apart into pieces
1 cup plant milk
1 cup onion, diced and sauteed
Fresh cracked pepper to taste in the onions while sautéing
2 cups (heaping) rolled oats
2 Tbsp ground flax
2 tsp garlic powder
2 tsp onion powder
3 tsp Italian seasoning
3 tsp Pizza seasoning (or any Italian seasoning you like)
3/4 cup "nut free parmesan" cheese or "parmesan cheese" - see both recipes
1/2 cup fresh parsley
1/4 cup fresh basil
2 (15 oz) cans black beans, drained and rinsed, or 3 cups cooked brown lentils
1/2 cup prepared salsa
1/2 cup prepared crushed garlic

Instructions

- 1) Toast bread, pull it apart, place it in a bowl, and pour milk over the bread. Let sit for 30 minutes
- 2) Add oats, garlic powder, onion powder, ground flax, 6 tsp of Italian seasoning, and "parmesan" cheese to a blender or food processor. Blend, but not too much
- 3) Add all contents of the bread mixture, beans/Lentil, fresh basil, fresh parsley, sauteed onion, garlic, and salsa to the oat mixture, and blend until smooth
- 4) place small/medium size scoops of the mixture into parchment lined cookie sheet
- 5) Bake in a preheated 375-degree oven for 30 minutes. It should be crispy on the outside
- 6) Serve with your favorite red gravy. Enjoy!

