

GARDEN MEATBALLS

Perfect with tomato marinara & pasta noodles

PREP TIME

Prep | 30 min

Cook | 15 min

INGREDIENTS

1 cup lentils (~70g)
¼ cup diced carrots
¼ cup peas
2 tbsp tomato paste
1 tbsp vegan
Worcestershire sauce or
Dale's liquid marinade
½ tbsp garlic powder
½ tbsp onion powder
½ tbsp oregano
1/3 cup chopped onions &
mushrooms
1-2 tbsp nutritional yeast
2 tbsp vital wheat gluten
or breadcrumbs
*Substitute chickpea flour for
gluten free option
1 jar tomato marinara
sauce

DIRECTIONS

Garden "Meatballs"

- Cook lentils for about 20-25 minutes in 2 cups veggie broth or lightly salted water. (see package for measurements and specific cooking process.)
- Boil peas and carrots until tender. Drain and place aside.
- In a food processor combine all ingredients. (Be sure to drain the lentils to remove access liquid.)
- Pulse until all ingredients are just combined. (Only 3-4 pulses, you don't want to create mush.)
- Take about 1 to 1 ½ tbsp of meatball mix and form into small bite size balls.
- Line air fry with foil and coat with ½ tsp oil. Air fry veggie balls on 375 degrees for 12-13 minutes. (Be sure to check after 10 minutes)

Or

- Line a baking sheet with foil and coat with ½ tsp oil and bake on 375 degrees for 20 minutes.

*Allow veggie meatballs to cool before removing from the air fryer or baking sheet, otherwise they might stick to the surface.

Pasta sauce

- Use your favorite jarred tomato sauce and add 1/2 tbsp garlic powder, oregano, onion powder, and 1 tbsp nutritional yeast (add 1 tsp of cane sugar to add balance if desired)
- Simmer over low/medium heat for 5-7 minutes, stirring frequently.
- Add garden meatballs to marinara sauce or cover with sauce over al dente pasta noodle.

