

Vegan No-Meat Balls with Marinara & Pasta

Yield: ~20 2.5" diameter balls (more, if made smaller)

Ingredients:

- 1 package bean-based or whole-grain pasta (spaghetti, linguine, or shape of choice)
- 1-24 oz jar of marinara sauce (without parmesan or other cheeses, if vegan)
- 1 Tbsp. ground flaxseed + 3 Tbsp. water
- ½ c chopped walnuts
- 8 oz sliced mushrooms
- 3 large cloves of garlic
- ½ medium onion, sliced
- 1-15 oz. can pinto beans (or any type of bean)
- 1 Tbsp. Italian seasoning (or ½ tsp each oregano, thyme, rosemary, basil)
- 2 Tbsp. nutritional yeast
- 1 tsp salt
- Fresh ground pepper, to taste
- ¾ c Italian-style panko breadcrumbs (gluten-free)

To prep pasta and marinara:

1. Cook pasta according to directions, set aside.
2. Heat marinara over medium-low heat while preparing meatballs.

To prep meatballs:

1. Combine flax + water in a bowl, stir, and set aside.
2. Heat a skillet over medium heat. Toast mushrooms and walnuts until fragrant and golden, stirring frequently to prevent burning. Remove from pan.
3. Use pan spray or 1-2 tsp olive oil in heated pan, add onion and saute until slightly soft and golden. Add garlic and sauté for 1-2 minutes, until fragrant but not brown. Remove from pan.
4. Put garlic, onion, beans, walnuts, mushrooms, Italian seasoning, nutritional yeast, salt, pepper, in food processor and pulse until incorporated but still slightly chunky (not a smooth puree).
5. Dump mixture into a bowl and stir in breadcrumbs and flax mixture.
6. Roll into balls slightly larger than a golf ball. Either bake in 350 degree oven for 30 minutes (rotating half way through), or brown in a pan over medium heat.
7. Serve meatballs with pasta and marinara sauce.



Adapted from hummusapien.com – Vegan Meatball Sub