



LENTIL “MEATBALLS”

PREP TIME: 30 MINUTES **COOK TIME:** 20 MINUTES **TOTAL TIME:** 50 MINUTES

Ingredients

- 3 green onions, chopped
- 2 cloves garlic, minced
- 1 cup brown lentils, rinsed
- 1 cup mushrooms, chopped
- 2 cups carrots, shredded
- 3 cups vegetable stock
- 1 tbsp dried Italian seasoning
- 1/4 cup fresh Italian parsley
- 2 tbsp tomato paste or sauce
- 3 tbsp nutritional yeast
- 1 tbsp flaxseed
- 1 tsp garlic powder
- ~1/4 tsp sea salt & black pepper to taste
- 1 cup panko bread crumbs/gluten free oat flour
- 1 egg (optional)
- Optional: Add sauce or cheese of choice on top

Directions

- Boil vegetable stock, carrots, mushrooms, garlic & lentils for ~20 minutes. Stir occasionally
 - Strain if any broth remains
 - Add all ingredients into food processor & lightly blend or use a mixing bowl & hand blender to lightly blend
 - Preheat oven to 375°F
 - Use a cookie dough scoop to scoop out balls of mixture & then carefully form it into balls
 - Spread out on a parchment paper-lined baking sheet
 - Bake for ~20 minutes
 - Serve with your favourite sauce, dressing, cheese, as a sub, wrap or pasta dish
- * These can be frozen in an airtight container & used as a quick healthy side dish for up to 3 months

Enjoy!