



VEGAN MEATBALLS

Makes 12 Meatballs

INGREDIENTS

- 1 cup soy fines or TVP
- 1 cup vegetable broth
- ½ cup yellow onion, minced
- ¼ cup breadcrumbs
- 2 Tbsp vegan parmesan, grated
- 2 Tbsp fresh parsley, minced
- 1 Tbsp chia seeds, ground and mixed with 2 Tbsp water
- 1 Tbsp tomato paste
- 1 Tbsp Italian seasoning
- 2 tsp vegan Worcestershire sauce or tamari
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp cumin
- ¼ tsp chili flakes (optional)
- Salt and pepper, to taste
- Oil for frying

DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a small saucepan, bring vegetable broth to a boil. Remove from heat and stir in the soy fines. Cover and let sit for 10 minutes, allowing soy fines to become hydrated.
3. In a large bowl, stir together hydrated soy fines and all other ingredients. Using your hands, knead the mixture until it can easily be formed into balls, about 2 minutes.
4. Scoop out 2 Tbsp portions and roll into balls. Place on the prepared baking sheet and bake in the preheated oven for 20 minutes.
5. Heat oil in a medium non-stick skillet over medium heat. Fry meatballs 3-4 minutes on each side or until crispy and cooked through. Serve hot with your favorite pasta sauce.