

MYE Receipte Book

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MAIN

Alfredo Pasta

Servings	Time	Source
2-3	~30 min	Nora Cooks, www.noracooks.com/vegan-alfredo-sauce

Ingredients:

- 16 oz fettuccine or pasta of choice
- 1.5 cup raw cashews
- 1-2 TBSP olive oil
- $\frac{1}{2}$ medium sweet onion, chopped
- 6 cloves of garlic, minced
- 2 cups unsweetened almond milk, cashew/soy/coconut also fine
- $\frac{1}{4}$ cup nutritional yeast
- 1 tsp lemon juice
- 1 tsp salt, or to taste

Directions

- Cook pasta while making the sauce
- Bring 4 cups of water to boil. Pour hot water over the 1.5 cups of raw cashews and let soak for 5 minutes
- Heat 1-2 TBSP olive oil over medium heat and add:
 - $\frac{1}{2}$ medium sweet onion, chopped
 - 6 cloves of garlic, minced
- Drain the cashews and discard the soaking water and add cashews to the blender
- Add the following to the blender:
 - Cooked onions and garlic
 - 2 cups unsweetened almond milk
 - $\frac{1}{4}$ cup nutritional yeast
 - 1 tsp lemon juice
 - 1 tsp salt
- Blend on high for approximately 1 min, or until sauce is creamy
- Pour the sauce over the pasta and stir
- Continue to heat the mixed pasta and sauce on low heat if adding more veggies

Possible Additions

- Cooked peas
- Kale
- Spinach
- Mushrooms
- Freshly grated Parmesan (like Violife)

Baked Tofu

Servings	Time	Source
2-4	40 min	Cookie & Kate, cookieandkate.com/how-to-make-crispy-baked-tofu

Ingredients:

- 1 block tofu (16 oz, extra firm)
- 1 TBSP sesame oil or olive oil
- 1 TBSP tamari
- 1 TBSP cornstarch or arrowroot starch

Directions

- Preheat the oven to 400 degrees F and line a large, rimmed baking sheet with parchment paper to prevent tofu from sticking.
- If extra firm tofu, cube (otherwise press tofu for at least 10 min)
- Put cubed tofu into mixing bowl, drizzle oil and tamari and toss to combine
- Sprinkle in the starch and toss the tofu until starch is evenly coated
- arrange tofu on baking sheet in even layer
- bake for 25-30 minutes, tossing tofu half-way, until tofu is deeply golden on edges
- Transfer pressed tofu to medium mixing bowl and drizzle with olive oil and tamari. Toss to combine. Sprinkle in the starch over the tofu, and toss the tofu

Notes

Crispy tofu, often used in peanut stir fry dish

Bibimbap

Servings	Time	Source
2 dinner	70 min total = 30 min prep + 40 min cook	Korean Bapsang, www.koreanbapsang.com/tofu-bibimbab

Ingredients:

- 2 servings of cooked rice; 1 cup of dry rice, half white & half brown rice
- 1 medium zucchini, cut into match sticks
- 1 medium carrot, cut into match sticks
- 8 oz mushrooms (crimini or shiitake), thinly slice mushroom caps
- 2-3 cups of kale or spinach
- 1 block extra firm tofu, cubed
- 2-3 cloves garlic, minced
- sesame oil
- Gochujang sauce, such as K-MAMA and kimchi for toppings

Directions

- Cook rice, put rice into oven safe bowls
- Cut up veggies, after cutting up zucchini sprinkle some salt on them and let sit for 10-15 minutes
- Cook zucchini: heat pan with oil add zucchini, saute for 2-3 minutes
 - if using kale put in kale first and then add zucchini after a couple minutes
 - if using spinach, put zucchini in first and then add spinach after 1 minute
- take zucchini & greens out and toss with minced garlic and sesame oil
- Cook carrots: heat pan with oil and add carrots, saute for 2-3 minutes (cook time will depend on how small pieces are)
- Cook mushrooms: heat pan and add mushrooms, saute until liquid is gone from mushrooms
- take a measuring cup and put 1 cup of packaged rice into a bowl, arrange veggies around rice, put into the oven at 300 degrees (if going to leave in for a long time do at 180)
- Tofu:
 - Fry tofu: heat oil in pan on medium, while waiting sprinkle tofu with salt, once oil is hot add tofu to pan, pan-fry until all sides are lightly golden (5-10 minutes?)
 - Bake tofu: see baked tofu
 - Marinate tofu: cover tofu with tamari and sesame oil and marinate for ~6 hours
- Add tofu to bowls and serve with sauce and kimchi

Burrito Bowls

Servings	Time	Source
2 dinner, 2 lunch	60-80 min	Mix

Ingredients:

- Refried beans (see side dishes)
- Mexican Rice (see side dishes)
- Onion, diced
- 2-3 cloves garlic, minced
- 2 veggies diced: chard, kale, broccoli, green beans, etc.
- bell pepper, diced
- avocado, sour cream, hot sauce are optional toppings

Directions

- Add onions to pan and cook over medium heat to lightly caramelize
- Make pinto beans and Mexican rice
- add garlic
- Add bell pepper and veggies (order depends on which veggies you buy)
- Mix all together
- top with hot sauce, vegan sour cream, and/or cilantro sauce (cilantro, garlic, olive oil, lime/lemon juice)

Cheezy Mac

Servings	Time	Source
2 dinner, 2 lunch	~40 min	Can't find original source

Ingredients:

- 16oz pasta
- 1 cup yellow potatoes, peeled and diced
- ½ cup carrots, peeled and diced
- ½ cup onions, peeled and diced
- ½ cup water (from pot of boiled veggies)
- ½ cup raw cashews
- ½ cup coconut milk
- 2 TBSP nutritional yeast
- 1 TBSP lemon juice
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp paprika

Directions

- Boil carrots, potato, and onion for ~10 minutes until fork tender
- Blend all ingredients (except pasta) into blender on high for 45-60 seconds
- Pour over and mix with pasta

Additions:

- ▶ Truffle sauce
- ▶ peas/broccoli

Queso Sauce

To make Queso Sauce add:

- ¼ tsp chili powder
- ¼ tsp cumin
- 4oz can of green chilis
- Black bean and cilantro (after blending)

Eggs & Basil

Servings	Time	Source
2	~30 min	Vegan-ize Fun Fun Cook, mamaleeblog.wordpress.com/2016/10/28/ basil-leaves-fried-free-range-eggs-taiwanese-dish/

Ingredients:

- 1 TBSP sesame oil
- vegan eggs - look at Tofu Scrambles Egg Sauce
- A huge bunch of fresh basil leaves
- $\frac{1}{4}$ cup green onions, chopped
- Salt

Directions

- Heat olive oil in pan
- Add fresh basil leaves to pan, quickly stir until basil leaves have cooked down (1-2 minutes)
- Add cooked basil to a bowl
- Add $\frac{1}{4}$ cup green onions, chopped to pan (add more oil if needed). Stir and cook for 2-3 minutes
- Add vegan eggs to pan
- Add basil to pan
- Add vegan eggs to the bowl with basil and stir together
- Salt to taste

Herbed Quinoa & Chickpea Salad

Servings	Time	Source
4 servings	30 min	Cookie & Kate, cookieandkate.com/herbed-quinoa-chickpea-salad-recipe

Ingredients:

- 1 cup dry quinoa & 2 cups of water
- 15oz can of chickpeas (or 1½ cup cooked chickpeas)
- 1½ cups chopped spinach
- ¼ cup chopped parsley
- ¼ cup chopped cilantro
- ¼ cup chopped green onion
- ¼ cup crumbled vegan feta (I like violife feta block)
- ¼ cup pepitas or pumpkin seeds
- Dressing:
 - ¼ olive oil
 - 3-4 TBSP lemon juice
 - 2 TBPS tahini
 - 1 large clove galric, pressed or minced
 - ½ tsp salt
 - ground pepper to taste

Directions

- make the quinoa, add dry quinoa and water into pan. Bring to boil, then cover and simmer for 15 minutes. Let quinoa rest for 5 minutes after removing from stove
- Mix dressing ingredients together
- Mix salad ingredients into large bowl, then add dressing and mix further

Notes

Last in fridge for 3 days

Mango Blueberry Quinoa Salad

Servings	Time	Source
4	30 min	Veggie Belly by Sala, veggiebelly.com/2011/06/mango-blueberry-quinoa-salad-with-lemon-basil-dressing-recipe.html

Ingredients:

- 1 cup of dry quinoa
- 2 cup water
- 1 cup fresh blueberries
- 1 cup cubed ripe mangoes
- 1 cup cubed cucumbers
- 1 TBSP dried cranberries
- 3 TBSP olive oil
- 4 TBSP ($\frac{1}{4}$ cup) lemon juice
- $\frac{1}{2}$ tsp lemon zest
- 20 basil leaves, chopped finely
- Salt and pepper to taste

Directions

- Cook the quinoa. Place quinoa and water into medium skillet and bring to boil. Reduce heat and simmer covered for 15 minutes. Remove lid and fluff with a fork. Let cooked quinoa cool to room temperature.
- While quinoa is cooking, combine the following into a bowl and refrigerate until serving:
 - 1 cup fresh blueberries
 - 1 cup cubed ripe mangoes
 - 1 cup cubed cucumbers
 - 1 TBSP dried cranberries
- Whisk the following dressing ingredients:
 - 3 TBSP olive oil
 - 4 TBSP ($\frac{1}{4}$ cup) lemon juice
 - $\frac{1}{2}$ tsp lemon zest
 - Salt and pepper
 - Wait to add basil leaves until serving
- Combine all ingredients directly before serving, mix gently.

Mushroom Stroganoff

Servings	Time	Source
2 dinner, 3-4 lunch	120 min	Can't find original source

Ingredients:

- $\frac{1}{2}$ cup brown/black lentils
- 18 oz pasta
- $\frac{1}{2}$ cup vegan butter or oil
- 1 large white onion, diced
- 12 oz cremini mushroom, diced
- 3 cloves garlic
- 4-5 large portobello mushrooms, thickly cubed
- 2 $\frac{1}{2}$ cups veggie broth (I like Better than Bouillian)
- 8 cups chopped kale (1 bunch)
- $\frac{1}{2}$ TBSP rice vinegar
- $\frac{1}{2}$ TBSP tamari
- $\frac{1}{2}$ cup red wine
- 1 TBSP fresh rosemary, chopped
- $\frac{1}{2}$ cup vegan sour cream
- salt, fresh parsley, to taste

Directions

- Cook lentils; $\frac{1}{2}$ cup brown/black lentils and $1\frac{1}{2}$ broth (1:2 lentils to liquid). Bring to boil and boil for 2-3 min. cover and simmer for 25 minutes.
- melt butter/oil in pan
- Add to the pan: onion, garlic, diced cremini mushrooms and saute for about 5-10 minutes (until mushrooms have cooked down and onion is translucent). Take mushroom/onion contents from the pan and place into a bowl.
- Saute kale for 5-7 minutes, remove from pan and put into bowl with mushroom/onion mixture
- Put large cubed portobello mushrooms into pan and saute for 3 minutes
- In empty bowl mix:
 - 1 cup veggie broth
 - $\frac{1}{2}$ TBSP rice vinegar
 - $\frac{1}{2}$ TBSP tamari
 - $\frac{1}{2}$ cup red wine
 - 1 TBSP fresh rosemary, chopped (3 TBSP if using dry) After mixing, add to pan with portobello mushrooms
- bring mixture ot boil and then simmer for about 15 minutes (until portobellos reduce in size by about 25%)
- with about 5 minutes remaining, start cooking pasta
- when portobello muchroom mixture is done, add mushroom/onion/kale and lentils to pan and mix; add more broth if too dry
- right before pasta is done, add sour cream and parsely If add too much sour cream and taste is too sour, add some sesame oil
- add pasta and mix

Peanut Tofu Stir-Fry

Servings	Time	Source
2 dinner, 1-2 lunch	90 min	N/A

Ingredients:

- Baked Tofu (see recipe); or can fry tofu in oil
- 2-3 cups of Broccoli cut into pieces
- 1-2 medium carrots, sliced
- 1 bunch of kale
- olive oil or coconut oil
- Can also add spinach, bell pepper, other veggies
- Peanut sauce (either buy or make homemade, I just eyeball it and taste it to get proportions right)
 - chili flakes
 - creamy peanut butter
 - tamari
 - rice vinegar
 - maple syrup
 - seaseme oil

Directions

- make tofu (baked tofu)
- make sauce
- Add oil to big pot
- Add broccoli and carrots
- Saute for 1-2 minutes
- Add some water and then add kale on top
- Cover pot, cook until veggies are soft
- Add sauce and stir in
- Add tofu and stir in

Pesto Pasta

Servings	Time	Source
2 dinner, 2 lunch	45 min	N/A

Ingredients:

- 12 oz pasta
- 2-3 TBSP olive oil
- 1 block of firm tofu, cubed
- pesto (0.35-0.50 lbs)
- 1 bunch of dino kale, finely chopped (separate stems and leaves)
- 300g of grape/cherry tomatoes, cut in half
- 1 handful of pine nuts
- spices: Italian, garlic powder, onion powder
- Salt & pepper
- freshly grated Parmesan (I like Violife block)

Directions

- heat oil over medium-lo heat
- add tofu, add Italian spices, garlic powder, and onion powder to taste
- stir tofu every 45-60 seconds to prevent sticking
- chop kale and tomatoes
- once tofu starts to lightly golden brown on some sides, add the stems of kale and cook for 2-3 minutes
- add kale leaves and stir to mix, and cook for 5-7 minutes
- salt & pepper to taste
- cook pasta
- add tomatoes and turn heat down a bit
- with ~2-3 minutes left of pasta, add pine nuts and stir
- drain pasta
- add pesto and pasta and mix together
- top with parmesan

Pesto

Buy from Mississippi Market (have non-dairy pesto from deli) or make from scratch:

- cashews
- basil
- lemon juice
- garlic
- salt

Shepherds Pie

Servings	Time	Source
2 dinner, 1 lunch	~60 min	Can't remember original source

Ingredients:

- Medium carrot, peeled and diced
- 2 cloves garlic, diced
- Medium yellow onion, diced
- 6-8 oz white mushrooms
- $\frac{1}{2}$ cups green or brown lentils
- 1 $\frac{1}{2}$ cups veggie broth (1 $\frac{1}{2}$ cups for lentils and $\frac{1}{2}$ cups for mashed potatoes)
- $\frac{1}{2}$ - 1 cup frozen peas
- Potatoes, a shit ton yellow or white
- Black pepper
- 2-3 TBSP vegan butter
- Salt and pepper
- Thyme, dried or fresh
- Paprika for serving

Directions

Mashed Potatoes

- Peel and quarter the potatoes
- Boil water in medium pan, add a dash of salt and then the diced potatoes
- Reduce heat to medium and cook potatoes until they are tender when pierced with a knife, about 15 minutes
- Drain potatoes and put back into pan
- Add to the potatoes and mash:
 - 1-2 TBSP vegan butter
 - $\frac{1}{2}$ cups veggie broth
 - salt and pepper
- Cover and put into oven to keep warm

Vegetables and Lentils

- Preheat pan over medium heat
- Once pan is hot, melt 1 TBSP vegan butter and swirl to coat bottom of the pan
- Add the following to pan:
 - Medium carrot, peeled and diced
 - 2 cloves garlic, diced
 - Medium yellow onion, diced
 - Season with salt and pepper, cook until veggies soften (2-3 min)
- Add mushrooms to pan and cook until mushrooms soften (2-3 min)
- Add lentils and 1 $\frac{1}{2}$ cups veggie broth to the pan. Season with salt, pepper and thyme.
- Bring mixture to a boil, then reduce heat to a simmer, cover with a lid, and cook until lentils are tender (15-20 minutes for green lentils, 25-30 for brown lentils)
- Stir in green peas, heat through
- Serve on top of mashed potatoes with paprika

Spaghetti

Servings	Time	Source
2	1-2.5 hrs	N/A

Ingredients:

- half an onion, or 2-3 shallots, diced
- 3 cloves of garlic, minced
- 500-800g of tomatoes (usually do can of diced tomatoes or tomato sauce; mix with fresh tomatoes)
- Italian seasoning, basil, oregano, salt & pepper to taste
- large bunch of spinach
- 228g of spaghetti (114g per person); Bionature Gluten Free Spaghetti
- 6 vegan meatballs, or lentils
- a massive amount of freshly grated Violife Parmesan

Directions

- heat water in big pot on high
- heat pan with olive oil, add onion/garlic and saute for 3-5 minutes
- add tomatoes and any dry herbs (Italian seasoning)
- bring to a boil, then cover and simmer on low for at least 30 minutes
- add pasta to boiling water and cook for 8-9 minutes
- add spinach to tomato mixture and cook down
- add fresh herbs (basil, oregano, parsley)
- drain pasta and add to pan and mix
- divide evenly into 2 bowls, add meatballs and top with Parmesan

If using lentils

- use at tomato sauce
- add some additional broth
- add lentils with tomatoes

If reheating meatballs

- move frozen meatballs from freezer to fridge the night before
- heat in oven at 350 for 8-10 minutes

Spaghetti Squash

Servings	Time	Source
2	1.5 hrs	N/A

Ingredients:

- 1 Spaghetti squash
- 1 onion
- 3 cloves garlic, minced
- 1 large carrot, diced
- 2 stalks of celery, diced
- 1 red bell pepper, diced
- $\frac{1}{2}$ dry black/brown lentils
- $1\frac{1}{2}$ cup vegetable broths
- 3+ cups of spinach
- 1 cup tomato sauce
- salt, pepper, oregano, basil to taste

Directions

- Cut spaghetti squash in half and scoop out seeds
- Put squash face down onto a baking sheet (with parchment paper), and cover top lightly with tin foil
- Bake squash at 400 degrees in oven for 40-60 min (until fork soft)
- When about 30 min out of squash being done, heat olive oil in pan on medium
- Add onion and garlic, saute for 3 min
- Add celery and carrots, stir-in and saute for 3 min
- Add bell pepper, salt, pepper, oregano and basil
- Add broth and lentils
- Bring mixture to a boil and boil for 2-3 min
- Reduce heat to simmer, cover pan, simmer for 25 min
- Add tomato sauce and mix
- Once squash is done, scoop out into bowl (half into one bowl, other half into another bowl)
- Split mixture in pan between 2 bowls

Tofu Scramble V1 (Mushroom/Paprika)

Servings	Time	Source
2 servings	30 min	Oh She Glows by Angela Liddon, 2014, ohsheglows.com/book

Ingredients:

- 2 tsp olive oil
- 2-3 shallots, diced
- 2-3 cloves garlic, minced
- 8-10 oz of cremini mushrooms, diced
- red bell pepper, diced
- 1 TBSP nutritional yeast
- $\frac{1}{2}$ tsp paprika (smoked paprika is the best)
- $\frac{1}{2}$ tsp salt
- 1 block of extra firm tofu
- 3 cups spinach
- pepper to taste

Directions

- Heat 1 TBSP olive oil in large pan over medium heat
- Add to the pan:
 - garlic, minced
 - shallots, diced
 - cremini mushrooms, dicedSaute for 5-10 minutes, until most of the liquid from mushrooms have evaporated
- Add red bell pepper, diced and saute for a few more minutes
- Add and stir
 - 1 TBSP nutritional yeast
 - $\frac{1}{2}$ tsp paprika
 - $\frac{1}{2}$ tsp salt
- Crumple tofu into pan and stir in
- Add spinach and stir until the spinach has cooked down

Tofu Scramble V2 (Eggy Sauce)

Servings	Time	Source
2 servings	45 min	Based on Okonomi Kitchen, 2020, okonomikitchen.com/kimchi-tofu-scramble

Ingredients:

- 16oz extra firm tofu (high protein tofu)

Eggy Sauce

- ½ cup of non-dairy milk (almond or cashew milk)
- 1 TBSP nutritional yeast
- 2 TBSP sesame paste or cashew butter
- 2 TBSP soy sauce
- 1 tsp miso paste
- ¼ tsp turmeric (for color)
- ½ tsp black salt

Kimchi & Sweet Potatoes

- 3 scallions, sliced
- bunch of spinach
- 1 cup kimchi
- 2-4 sweet potatoes

Caramelized Onions & Tomatoes; Potatoes

- 1 large onion
- 300g of tomatoes, cut in half
- bunch of spinach
- mix of potatoes, cubed

Directions

Kimchi & Sweet Potatoes

- Heat oven to 400 degrees, put sweet potatoes on baking sheet with parchment paper and put in the oven for 40 min
- blend top ingredients (milk-salt) to make eggy sauce
- heat pan on medium, crumble tofu into the pan
- add eggy sauce and scallions and gently stir for a 1-3 minutes
- cook while stirring regularly for ~5min
- Add spinach and stir until the spinach has cooked down, and there is no extra liquid in the pan
- turn off stove, mix in kimchi

Caramelized Onions & Tomatoes; Potatoes

- cook diced onions in olive oil on medium for 30-40 minutes until caramelized
- add tofu, spinach, eggy sauce and potatoes
- cook on medium low until most moisture is gone

Potatoes

- heat oven to 425
- toss cubed potatoes with salt, pepper, garlic powder, onion powder (maybe some thyme, rosemary balsamic)
- put on baking sheet with parchment paper
- cook for 15 minutes, toss/flip, cook for another 15-25 minutes

Tomato Basil Pasta

Servings	Time	Source
3-4	70 min	Based on Oh She Glows by Angela Liddon, 2014, ohsheglows.com/book

Ingredients:

- $\frac{1}{2}$ cup raw cashews
- 125 g soft tofu (about 1/3 of package); or plant-based milk
- 12 oz of penne pasta
- olive oil
- 1 small onion, diced
- 2-3 cloves garlic
- 28 oz can of diced tomatoes
- 1 TBSP tomato paste
- 2.5-3 TBSP of nutritional yeast
- 3 handfuls of spinach
- 1 cup packed fresh basil, finely chopped
- 1 tsp of dried oregano
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper

Directions

- Soak cashews in water for at least 2 hours (or in hot water for 30 min because you forgot)
- Place cashews, tofu, tomato paste, nutritional yeast, oregano, salt, pepper, and juice from canned tomatoes into blender. Blend on high for 1 min and set aside. Add more water to mixture if not liquid enough.
- Heat oil in pan on medium
- Add onion and garlic and saute for 5- 10 minutes (until onion is translucent)
- Add diced tomatoes and spinach and continue cooking for 7-10 minutes
- If cooking pasta at same time, put pasta in water after adding tomatoes/spinach to pan.
- Stir in cashew cream and basil, cook for 5-10 minutes
- Drain pasta and mix into pan

Vegan Meatballs

Servings	Time	Source
4 servings	60-75 min	Minimalist Baker, minimalistbaker.com/the-best-vegan-meatballs

Ingredients:

- 1 cup cooked & cooled quinoa
- 15 oz can black beans
- 2 TBSP oil
- 3 cloves garlic
- $\frac{1}{2}$ cup shallot
- $\frac{1}{2}$ salt
- 2% fresh oregano or 1% dry oregano
- $\frac{1}{2}$ tsp red pepper flake
- $\frac{1}{2}$ tsp ground fennel/fennel seeds
- $\frac{1}{2}$ cup vegan parm: 6 TBSP cashews, 1.5 TBSP nutritional yeast, 3/8 tsp salt, 1/8 tsp garlic powder
- 2 TBSP tomato paste
- 3 TBSP fresh herbs (parsley or basil)

Directions

- MORNING: in a small pot add $\frac{1}{2}$ cup quinoa and $\frac{1}{2}$ cup water, bring to a boil then cover and simmer for 15 min. Shut off stove and set aside.
- Make vegan parmesan by blending all ingredients into a food processor
- Heat oven to 350 degrees, rinse black beans and put on a baking sheet with parchment paper, cook for 15 min
- heat small pan on stove over medium heat, add oil, then garlic and shallots, stir and cook for 2-3 min
 - ▶ black beans
 - ▶ oil/garlic/shallot
 - ▶ salt/oregano/red pepper/fennelGroup 1 into food processor - gently blend into a loose meal
- Roll into 12 individual meatballs, then cool in the fridge for at least 15 min
- Heat oven to 375 degrees, bake meatballs for 20-30 min

SOUP

SIDES

DESSERT

