



Vegan Meatballs

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The Ultimate Vegan Meatballs ~ hearty, meaty and bursting with Italian-style flavors! They bake up perfectly and they won't fall apart!

Course

Main Course

Cuisine American, Vegan

Prep Time 15 minutes

Cook Time 40 minutes

Chill Time 20 minutes

Total Time 55 minutes

Servings 6 People




Calories 173kcal

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Equipment

- Food Processor
- Large Baking Sheet
- Large Skillet

Ingredients

- 2 tablespoons ground flax meal + 5 tablespoons water
- 2 tablespoons grapeseed oil , or preferred oil (+ more for baking)
- 1 small onion , diced 
- 4 cloves garlic , minced or crushed
- 12 ounces mushrooms , chopped (about 4.5 cups)
- 2-3 teaspoons Italian seasoning 
- 3/4 teaspoon fennel seed , crushed (optional but recommended)
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons tamari , low sodium (sub soy sauce)
- 1 - 15 ounce can chickpeas , drained well but NOT rinsed
- 1 cup rolled oats
- 1/2 cup breadcrumbs , Italian-style
- 2 tablespoons Worcestershire Sauce (a vegan variety)
- 2 tablespoons tomato paste 
- Salt and pepper , to taste

Instructions

1. Preheat oven to 400 °F (200 °C). Line a rimmed baking sheet with parchment

paper and set aside.

2. Combine the ground flax and water in a small bowl. Set aside for 10 min. It will thicken and gel up a bit.
3. Heat oil in a large skillet over medium heat. Add onion and sauté until softened and lightly browned. About 3-5 minutes.
4. Add garlic and sauté for 1 minute. Now add Italian seasoning, crushed fennel, and red pepper flakes. Sauté for 30-60 seconds until fragrant.
5. Add mushrooms and sauté until softened and slightly browned. Cook for 5-7 minutes until they reduce in size and release their moisture. You want the pan to be dry. Now add the tamari and cook for 1 minute. Remove from heat.
6. Add the chickpeas to a large food processor container. Pulse a few times to break down beans.
7. Now add the cooked mushrooms, oats, breadcrumbs, flax egg, Worcestershire Sauce, tomato paste, salt, and pepper to the processor. Process until well combined and it ALMOST forms a paste (about 30-60 seconds). You don't want it completely smooth so leave some texture. You just want the ingredients to stick together well (see process photos above for example). Taste and add more seasoning if needed. Place mixture uncovered in the freezer for 20-30 minutes (or in the fridge for 1-2 hours).
8. Remove mixture from freezer and form into balls using your hands. Roll them until smooth. To keep the size uniform, use about 1.5 tablespoons of mixture (use a small cookie scoop or measuring spoon). Place on baking sheet and repeat until mixture is gone. Spray or brush with oil and place in the oven for 30-40 minutes until golden brown and the outside is dry and firm. Flip the meatballs midway through. Remove from oven and let them cool for 10 minutes on the baking sheet. This helps firm them up. You can now serve them with warm spaghetti sauce or cook them in the sauce for 5 minutes to warm them up. Enjoy!

Notes

1. If you don't have a large food processor, you may have to work in two batches. You'll need to combine the mixture in a mixing bowl first before doing this. Combine well.
2. If you don't have a food processor, you can still make the meatballs. However, they will be more fragile and may crack a bit more. You won't be able to warm them in sauce. You'll need to mince the mushrooms, finely dice the onions, mash the chickpeas with a potato masher and you can pulse the oats in a blender (or use quick oats). Combine all ingredients well in a mixing bowl and follow the method in the recipe.
3. If you don't have ground flaxseed, you can use chia seed. You can leave them whole or grind them in a coffee grinder. The method is the same as the flax 'egg'.
4. Yields about 30-32 meatballs.
5. See post above for air fryer instructions.

Nutrition

Serving: 5meatballs | Calories: 173kcal | Carbohydrates: 22g | Protein: 5g | Fat: 7g |

Sodium: 287mg | Potassium: 408mg | Fiber: 3g | Sugar: 3g | Vitamin A: 95IU | Vitamin C:
4.6mg | Calcium: 56mg | Iron: 2.3mg