



VEGAN ITALIAN MEATBALLS

INGREDIENTS

14 oz. Plant-Based Ground
1 t vegetable oil
½ cup diced onion
2 cloves crushed garlic
½ cup plain soy milk
1 cup bread crumbs
1 T oregano
2 T black pepper
1 t parsley
1 T ground flax meal
3 T water
½ t salt

TIME: 30 mins (Prep Time 10 mins / Cook Time 20 mins) **SERVES:** 4-6 **TYPE:** Vegan

INSTRUCTIONS

- 1 In a small pan, sauté garlic and onion in oil until translucent.
- 2 In a small bowl, create a flax "egg" by combining the ground flax meal with water. Mix well.
- 3 In a medium-sized bowl, add the soy milk, bread crumbs, parsley, oregano, black pepper, flax egg, and sautéed garlic and onion.
- 4 Add the ground. Combine well with hands.
- 5 Roll into 1-2 inch balls.
- 6 Cook on low heat in a lightly oiled pan until browned on all sides (about 20 minutes).

QUICK TIP



Delicious on pasta, in a sandwich or by themselves

Before
the butcher™