

# Vegan Meatballs

1 x 400 g tinned red kidney beans (drained and rinsed)  
1/2 onion roughly chopped  
2 garlic cloves  
35 g oats  
4 tbsp nutritional yeast  
1 tsp dried oregano\*  
1/2 tsp salt\*  
1/2 tsp pepper\*  
Optional: small handful of fresh basil

## Sauce

1 Tin chopped tomatoes  
1 tbsp Tomato puree  
1/2 Vegan stock cube  
1/2 tsp Sugar\*  
1/4 tsp Mixed herbs\*  
1/2 Onion  
1 Clove garlic  
Optional: 3 or 4 Mushrooms & 1/4 Pepper



## Method

1. Preheat the oven to 200°C and line a baking tray with greaseproof paper
2. Add the meatball ingredients to a food processor and process the ingredients together until the mixture reaches a rough consistency, ensuring some larger pieces remain. It's really important you avoid processing the ingredients for too long, otherwise the meatballs will turn into a mush!
3. Take roughly a tbsp of the mixture in your hand and roll it into a ball, then place it on the baking tray. Repeat until all the mixture has been used up.
4. Transfer the baking tray to the oven and bake the balls for 20 minutes.
5. Dice the onion, crush the garlic clove, open tin, chop any mushrooms or pepper.
6. Meanwhile, prepare the sauce by first adding a little oil to a frying pan on a medium heat. When the oil is hot, add the onion and crushed garlic & fry for 3 minutes.
7. Add any mushrooms or pepper and fry for 3 minutes. Keep stirring.
8. Then add the chopped tomatoes, vegan vegetable stock cube, herbs, salt and pepper
9. When the meatballs are cooked. Add them to the sauce.