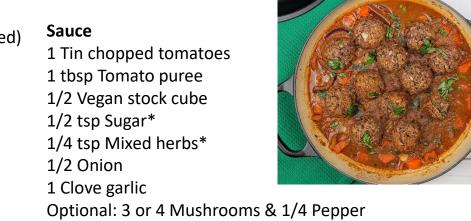
Vegan Meatballs

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



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.