

Neatballs

Ingredients:

1 teaspoon	Olive oil
1 cup	Yellow onion, small, diced
8 ounces	Mushrooms, halved
2 Tablespoons	Garlic, minced
2 Tablespoons	Tamari
1 Tablespoon	Chickpea miso paste
2 cups	Brown rice, cooked
1 cup	Lentils, cooked
¼ cup	Tomato paste
3 Tablespoons	Nutritional yeast
1 Tablespoon	Rosemary, fresh, minced
1 Tablespoon	Thyme, fresh, minced
½ cup	Old fashion oats
1 cup	Walnuts, chopped
¼ teaspoon	Ground black pepper
10 ounces	H3 Marinara, see recipe



Method:

- Preheat oven to 375 degrees.
- Heat a large skillet on medium heat.
- Add olive oil.
- Add onions. Sauté until translucent and caramelized. (About 5-7 minutes)
- Add mushrooms to the food processor and pulse until they are finely minced but not reduced to a pulp.
- Add mushrooms to pan with the onions, sauté for an additional 5-7 minutes.
- Add tamari, miso, brown rice, tomato paste, nutritional yeast, garlic cloves, rosemary, thyme, black pepper and lentils to the pan, mix well.
- Add oats to food processor, pulse briefly but not into a flour.
- Add processed oats and walnuts to the pan.
- Continue to cook on medium-low until the mixture is thick. Taste.
- Allow mixture to cool.
- Scoop 1 ounce balls and roll, place on a lightly greased sheet tray.
- Bake at 375 degrees for 15-17 minutes.
- Serve with marinara.

Nutritional Information:

Servings: 10 | Calories: 210 | Fat: 9 grams | Sodium: 220 milligrams
Carbohydrates: 23 grams | Protein: 8 grams | Fiber: 5 grams