

Meat Alternative Recipes

MEATY MEATBALLS

Ingredients

- 4 cups water
- ½ cup soy sauce
- 1/3 cup oil
- ¼ cup nutritional yeast
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1 tbsp. dried sweet basil
- 1 tsp. smoked paprika
- 1 tsp. ground coriander
- 1 tsp. dried sage
- 4 cups quick oats
- 1 cup nut/seed meal



Directions

1. Mix the oats and pecan meal in a bowl and set aside.
2. In a large saucepan, combine all remaining ingredients. Stir well and bring to a slow boil.
3. Add the dry mixture to the saucepan, stir thoroughly, and immediately remove from heat.
4. Cover the saucepan and set aside to cool.
5. Preheat the oven to 350°F.
6. Stir the oat mixture and form it into balls using a small ice cream scoop or your hands.
7. Place the balls on an oiled or parchment-lined baking sheet.
8. Bake for 45 minutes.
9. Insert decorative toothpicks garnished with finely diced spring onions.
10. Prepare a dipping sauce to accompany the "meaty" balls.

Serve: Serve as an appetizer, or flatten the oat mixture, bake for 15 minutes per side, and serve on mini buns as sliders.



*Instructors: Leuanna Matheson, Shirley Lily
Farmville SDA Church, Health & Temperance*