

Lentil Meatballs

10 ingredients · 35 minutes · 5 servings



Directions

1. Add lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes, or until softened and cooked through. Drain any excess liquid and set aside.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
3. Heat the oil in a small skillet over medium heat. Once hot, add the shallot and cook for 4 to 5 minutes or until softened. Remove from heat and set aside.
4. In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
5. In a food processor, add the lentils, shallot, flax mixture, parsley, nutritional yeast, almonds, and salt. Pulse until combined and the dough starts to hold together.
6. Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through. Enjoy!

Notes

Leftovers

Refrigerate for up to seven days. Freeze for up to two months.

Serving Size

One serving is approximately three balls.

Serve it With

Serve with a side of veggies or on top of pasta.

More Flavor

Add minced garlic with the shallot. Add tomato paste and/or tamari for more flavor.

Ingredients

- 1/2 cup Dry Green Lentils (rinsed)
- 1 cup Vegetable Broth
- 1/2 tsp Extra Virgin Olive Oil
- 1/3 cup Shallot (chopped)
- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1/4 cup Parsley (chopped)
- 1/4 cup Nutritional Yeast
- 1/2 cup Almonds (chopped)
- 3/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	200	Vitamin C	6mg
Fat	8g	Calcium	62mg
Saturated	1g	Iron	3mg
Carbs	20g	Vitamin D	0IU
Fiber	6g	Vitamin B6	6.3mg
Sugar	2g	Folate	107µg
Protein	13g	Vitamin B12	27.0µg
Cholesterol	0mg	Magnesium	52mg
Sodium	509mg	Zinc	1mg
Potassium	447mg	Selenium	1µg
Vitamin A	369IU		