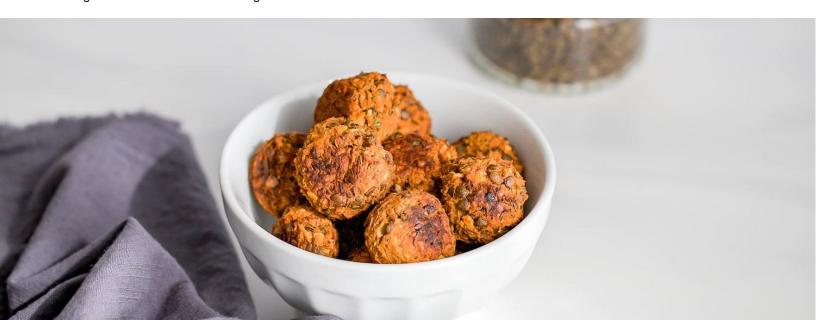
# Lentil Meatballs

10 ingredients · 35 minutes · 5 servings



#### **Directions**

- 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.
- 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			

