



# Lentil Meatballs

SERVINGS: 4 MEATBALLS

PREPPING TIME: 10 MINS

COOKING TIME: 30 MINS

## INGREDIENTS

### Meatball ingredients:

- 2 tsp. olive oil
- 2 cups cooked lentils (~ $\frac{3}{4}$  cup dry)
- 1 small yellow onion, diced
- 1 cup shredded carrots
- 2 garlic cloves, minced
- $\frac{1}{2}$  cup old-fashioned rolled oats
- $\frac{1}{4}$  cup chopped fresh Italian parsley
- $\frac{1}{2}$  tsp. tomato paste
- 1 tsp. dried oregano
- $\frac{1}{2}$  tsp. dried thyme
- 1 tsp. dried basil
- $\frac{1}{4}$  tsp. black pepper
- 1 large egg
- 4-5 tsp. coconut flour

### Optional:

- 2 tbsp. vegetable stock, only use if the mixture is too dry
- 3-4 cups arrabbiata or fresh Italian tomato sauce
- Freshly chopped basil and nutritional yeast

## DIRECTIONS

1. Preheat the oven to 400°F and line a baking sheet with tin foil. Lightly spray the pan with olive oil to prevent sticking.
2. In a large food processor, pulse all of the meatball ingredients together until it's a consistent batter. It should not be very clumpy, but rather smooth and you should be able to roll the mixture into balls. If the mixture is too dry, add in the vegetable stock. If the mixture is too wet, add in a little extra coconut flour.
3. Roll the batter into 1 and  $\frac{1}{2}$ -inch-sized meatballs and place the meatballs onto the baking sheet. Spray with a little extra olive oil.
4. Bake the lentil meatballs for 25 minutes in the oven. Remove from the oven and place in a heat-proof serving dish.
5. (Optional): Heat sauce in pan until it starts to simmer, pour over the lentil meatballs. Allow to stand for 10 minutes and the meatballs will soak in the sauce.
6. (Optional): Serve over pasta or zucchini ribbons and top with fresh basil and add a sprinkle of nutritional yeast.

## NUTRITION

Serving size: 1 serving (256g)  
 (per serving) 220 calories, 6g fat, 1g saturated fat, 40mg cholesterol, 640mg sodium, 31g carbohydrate, 11g fiber, 9g sugar, 10g protein