

Vegan Meatballs

Ingredients:

One large Onion, finely chopped
4-5 large Garlic cloves, finely chopped
2 cups Chickpeas, cooked
1 ½ tbsp of Garbanzo Bean Flour
2 cups Mushrooms (of your choice), finely chopped
2 tsp of Lemon juice, fresh
2 tsp dried Basil
2 tsp dried Oregano
2 tsp dried Sage
2 tsp dried Thyme

Directions:

Soften onions and garlic over medium heat with a splash of lemon juice. Add the mushrooms and another tsp of lemon juice to help soften the mushrooms. Then add in all the herbs – basil, oregano, sage and thyme. Heat the herbs for about 2-3 minutes to bring out all the flavor. Then turn off heat.

Add the chickpeas (canned chickpeas for convenience) and blend. Add garbanzo bean flour to thicken. The mixture will be sticky.

Form into balls and place on parchment paper on baking sheet. Bake at 400 degrees 15-20 minutes. Flip them over and bake another 15-20 minutes.

You can pair the meatballs with your favorite tomato sauce and pasta or as I like them, on top of spaghetti squash noodles.