

Mama's Lentil Not So Meat Balls

A recipe I veganized from the meat balls my mom used to make. Great on their own or in a pasta sauce.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 40 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Lentils, cooked from dried	1.5 cup
Oat flour, whole grain	0.75 cup
Flax seeds, not fortified	1.5 tablespoon
Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Garlic, fresh	2 clove
Shiitake mushrooms, cooked	0.5 cup
Oregano, ground	0.5 teaspoon
Basil, ground	0.5 teaspoon
Black pepper, ground	0.5 teaspoon
Cayenne	0.25 teaspoon
Paprika	1 teaspoon
Mustard	1 teaspoon
Ketchup	1 tablespoon

Instructions

Soak dried beans for at least 24 hours in water. I soak my beans for two days to reduce lectins. Drain, rinse and replace water twice a day. I used navy beans here but any white bean will do.

1. Rinse and drain soaked beans. Steam for 1 1/2 to 2 hours. In place of streamer beans can be boiled. Check beans every 20 minutes to see if they need more water and for doneness. Once beans are completely cooked drain and set aside.
2. Finely chop onion, celery and carrots. Add oil to large soup pot, heat and add vegetables. Sauté until the vegetable are soft, about 3 minutes.
3. Add tomatoes and spices and cook for another 3 minutes on medium heat.

4. Add beans and pour enough water in the pot to cover the beans plus a little more and mix. Bring to boil. Then turn down heat to low and simmer for 35 minutes partially covered.
5. Let soup cool for at least 10 minutes after removing from heat.
6. Serve with Kalamata or sundried olives and rice (optional).