

Wine & Dine with Jeff

Vegan Lentil and Mushroom Meatballs

Vegan Lentil and Mushroom Meatballs
pairing with Tensley Colson Canyon Syrah
2017



INGREDIENTS

- ❑ 1 cup of brown or green lentils (washed and cleaned)
- ❑ 3 cups of vegetable stock
- ❑ 1 bay leaf
- ❑ 8oz of baby bella mushrooms
- ❑ 1 medium onion (about a cup)
- ❑ 5 cloves of garlic
- ❑ 1 tablespoon of fresh thyme

- ❑ 1/2 cup of roasted walnuts
- ❑ 1/3 cup of oats
- ❑ 2 tablespoons of tomato paste
- ❑ 1/2 cup of vegan parmesan cheese
- ❑ 1/3 cup of fresh parsley
- ❑ Salt and pepper to taste
- ❑ Brush meatballs with olive oil
- ❑ Bake at 400 degrees for 20-25 minutes

DIRECTIONS

1. Add lentils with vegetable broth and bay leaf with salt. Simmer with lid on for 15 minutes. Lentils should still have a chew do not overcook, drain cooked lentils from broth.

2. Saute mushrooms until browned then add onions, garlic and fresh thyme and saute until all translucent for about 5 minutes.

3. In a food processor grind up the oats and toasted walnuts after ground add the cooked lentils, cooked mushrooms onions and garlic mix. Add tomato paste, fresh parsley and vegan parmesan cheese. Pulse all together in food processor until all combined do not over process the meatball mix. Add salt to taste.

4. Roll meatballs and place on baking sheet for parchment paper.

Brush meatballs slightly with olive oil and place in 400 degree oven for 25 minutes turning once half way through. I enjoy my meatballs with pesto sauce.