

I eliminated the oil by using my air fryer. These are so good! And the recipe made over 30 meatballs.

Recipe: Vegan Chickpea Meatballs

Ingredients:

For the Chickpea Meatballs:

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1 cup breadcrumbs (gluten-free if needed)
- 1/4 cup nutritional yeast
- 1/4 cup fresh parsley, chopped
- 1/2 red onion, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 tablespoon soy sauce or tamari
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste
- 2 tablespoons olive oil (for baking)

For the Tomato Sauce:

- 1 can (28 oz) crushed tomatoes

Servings:

This recipe makes approximately 20 chickpea meatballs.

Instructions:

1. Prepare the Chickpea Mixture:

- In a food processor, combine chickpeas, breadcrumbs, nutritional yeast, parsley, red onion, garlic, tomato paste, soy sauce, oregano, basil, salt, and pepper. Pulse until the mixture comes together but still has some texture.

2. Form the Meatballs:

- Preheat the oven to 375°F (190°C). Grease a baking sheet with olive oil.
- With wet hands, form the chickpea mixture into golf ball-sized meatballs and place them on the prepared baking sheet.

3. Bake the Meatballs:

- Drizzle olive oil over the meatballs. Bake in the preheated oven for 25-30 minutes or until golden brown, turning them halfway through for even cooking.

4. Prepare the Tomato Sauce:

- In a saucepan, combine crushed tomatoes, minced garlic, oregano, basil, salt, and pepper. Simmer for 15-20 minutes, stirring occasionally.

5. Serve:

- Once the chickpea meatballs are done, transfer them to the tomato sauce and let them simmer for an additional 10 minutes.

6. Enjoy:

- Serve the vegan chickpea meatballs over pasta, with crusty bread, or as desired. Garnish with fresh herbs if preferred.

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