

## Original Vegan “Meat” Balls (from Wholefully May 2011)

(Adapted from [My Vegan Cookbook](#))

### Ingredients:

- 1/2 cup cooked lentil
- 1 cup cooked brown rice
- 1/4 cup oats
- 1/3 cup wheat germ
- 1 tablespoon soy sauce
- 2 tablespoons olive oil
- 2 teaspoons lemon juice
- 1/4 cup whole wheat flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon nutmeg
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon maple syrup (could sub molasses)
- 1 teaspoons dry mustard

### Directions:

1. Preheat oven to 400°.
2. Combine all ingredients in the bowl of a food processor. Pulse until mixture resembles texture and appearance of ground meat and most lentils are no longer whole. Do not over mix.
3. Wet hands and form mixture into balls about 1-1/2" in diameter. You should get around 16. Place on a baking sheet.
4. Bake in preheated oven for 10-15 minutes, turning once halfway through baking time. Let rest for 10 minutes after baking to firm up.