

Vegan Meatballs (Beetballs)

Ingredients

- ½ lb. beets (around 2 small, or one large)
- 2 oz. mushrooms (around 4 button or cremini mushrooms)
- ¼ onion
- 2 cloves of garlic
- 2 tbsp. tomato paste
- 1 tbsp. soy sauce
- 1 tsp. dried basil
- 1 tsp. chili powder
- ¼ tsp. nutmeg
- ¼ tsp. oregano
- Salt, to taste
- 1 cup vital wheat gluten
- ½ cup breadcrumbs
- Oil, as needed for cooking

Steps

1. Cut the beets into small cubes, place in a small pot and cover with water. Bring to a boil and cook until you can easily stick a fork through them. Reserve a couple tablespoons of the water for use.
2. In the meantime, dice the onion, mince the garlic and chop the mushrooms into small pieces. Add a small amount of oil to a skillet and let it heat up before adding all the garlic, mushrooms and onions. Allow them to cook, stirring occasionally, until the onions have become translucent.
3. Once the beets are cooked, drain them and preheat the oven to 320°F (160°C). Transfer the beets, and onion mixture to a food processor and blend. Scrape down the sides and blend again. Next add all the other ingredients aside from the oil, and process again. A dough should start to form- add a couple tablespoons of the beet water as needed to get a soft textured dough.
4. Take the dough out of the blender and knead just to bring together (make sure you do this on something you don't mind turning beet colored!). Separate into twelve even pieces, and let them rest for a few minutes to relax the gluten. Lay a piece of aluminum foil on a cookie sheet, shiny side up, and lightly oil. Form each of the 12



pieces of dough into a ball and place on the cookie sheet. Cover with another piece of oiled aluminum foil and roll the edges closed.

5. Put in the oven for 45 minutes, before flipping the whole package of beetballs over and returning to the oven for an additional 25 minutes. Serve warm, or reheat as desired.