

Vegan Hearty Black Bean Meatballs

Ingredients

- 1 cup dried TVP
- 1 cup warm liquid (black bean broth, vegetable broth, water)
- 1 TBSP. soy sauce
- 1 $\frac{3}{4}$ cup (1 15 oz. can) black beans
- $\frac{1}{2}$ onion, diced
- 2 cloves garlic, minced
- 1 tsp. dried thyme
- 2 TBSP. nutritional yeast
- 1 tsp. red pepper flakes
- Salt and pepper, to taste
- $\frac{1}{4}$ cup vegan mayonnaise
- $\frac{1}{2}$ cup breadcrumbs

Steps

1. Preheat the oven to 375°F (190°C). Add the soy sauce to the broth or other liquid and stir before adding the TVP. Set aside and let sit until most of the liquid has been soaked up (about 5 minutes).
2. Place your beans in a large bowl. Use a potato masher to roughly mash the beans, until they are somewhat smashed. Add the onion, garlic, thyme, nutritional yeast, red and black pepper, salt and TVP (once hydrated). Mix well. Finally add the vegan mayonnaise and bread crumbs, adjusting slightly if the mixture is too wet or dry.
3. Roll one heaping tablespoon into a ball and place on a baking sheet lined with a silicone baking mat. Continue until all the mixture is used up. Place the rolled bean balls in the oven for about 30 minutes total, taking them out and flipping them once while they cook. Serve warm, with pasta and tomato sauce if desired.

