



## Chickpea “Meatballs”

This recipe freezes very well and I always try to keep some on hand. For a quick dinner, heat frozen meatballs in tomato sauce and add some frozen chopped kale or spinach. Serve over whole grain pasta.

### Ingredients:

- 2 cans low sodium chickpeas, drained and rinsed
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp Dijon mustard
- 1 tbsp nutritional yeast
- 1 tsp paprika
- ¼ tsp black pepper
  
- 1 ½ cups vital wheat gluten
  
- 1 tsp soy sauce
- 1 cup low sodium vegetable broth

### Directions:

- Preheat oven to 350 degrees
- Place first set of ingredients (chickpeas through pepper) in a food processor and pulse several times, but do not puree
- Transfer chickpea mix to a large bowl and add half of the wheat gluten
- Cut the wheat gluten into the chickpea mixture. When thoroughly cut in, add the rest of the wheat gluten and cut in until mixture is crumbly.
- Combine soy sauce with vegetable broth and add to the chickpea mixture
- Use your hands to thoroughly mix the batter. The longer you mix/knead the batter, the tougher your meatballs will be, which is what you want. A tougher, meatier texture
- Line a cookie sheet with parchment paper.
- Use a cookie scoop or spoon to initially place the ball on the cookie sheet, and then roll each one into a ball.
- Bake for about 30-40 minutes, turning the balls halfway through