

Swedish Meatballs

You are going to want to try these vegan Swedish "Meatballs". They are delicious over mashed potatoes, pasta or rice and are paired with a creamy French onion gravy.

Prep:
20 minutes

Cook:
40 minutes

Ready In:
60 minutes

Servings:
4



"Meat" Balls

1 cup green or brown lentils, dry
1 carrot, chopped
1/2 red bell pepper, chopped
1/2 onion, minced
2 tbsp ground flax
3/4 cup rolled oats
1 tsp fennel seed
1 tsp onion powder
1 tsp garlic powder
1 tsp dried thyme
1 tsp salt
4 cups water

Gravy

2 tbsp cornstarch (or flour)
1 tsp dried onion flakes
1/4 tsp onion powder
1/4 tsp parsley flakes
1/8 tsp celery seed
1/4 tsp paprika
2 tsp nutritional yeast
1 tsp salt
1 cup unsweetened soy milk
1 cup water

Instructions

1 In a saucepan add in your carrot, bell pepper, onion, lentils, salt and water. Bring to a boil, reduce the heat to a low simmer, cover and cook 25-30 minutes or until lentils are soft. Let any remaining water cook off at the end by removing the lid and letting it continue to cook until it stops steaming. You can also just drain the lentils in a colander.

2 While that is cooking preheat your oven to 400 degrees. In a food processor add in your oats and blend until it becomes a powder. Once the lentil/veggie mix is done cooking add that into the food processor with the spices and ground flax and pulse blend until combined. It should come out like a play dough mixture with little chunks of lentils and veggies in it. Don't blend this super well because it can make them very dense. If your mix is too wet, add in a little more oat flour and if its too dry and crumbling, add in 1-2 tbsp more water. You should be able to squish this in your hand and have it hold its shape.

3 Take 2 tbsp of the lentil mix, roll into a ball and place on a baking sheet with parchment paper or a pan with a little spray oil. Bake 15-20 minutes, they will start to brown and firm up a bit. You can flip them halfway through if you wish but its not necessary.

4 Heat a saucepan over medium heat on the stove. In a small bowl mix together your spices and cornstarch then add in the water and whisk together. Pour into the pan, this should heat up enough to come to a very low boil. Stir this continuously for 2-3 minutes while the sauce thickens and then slowly add in your soy milk whisking it together. Taste the gravy and adjust seasoning to your liking (more salt, black pepper etc)

5 Bring the gravy heat to low. Add in your meatballs and cook 5-8 minutes flipping them over so that they can soak up some of the gravy. Serve over mashed potatoes, pasta or rice with your favorite veggie side. Enjoy!