



FAUX “MEATBALLS”

“Perfect for Meatless Mondays & BBQ!”

INGREDIENTS:

½ c warm water
1 egg
1 c Lentil Bean Flakes (500786)
½ c cooked rice
½ c instant oats
½ tsp. salt
¼ tsp. pepper
1 tsp. garlic powder
½ tsp. liquid smoke
¼ tsp. cumin
1 Tbsp. oil
½ c of BBQ or other favorite sauce

DIRECTIONS:

1. Pre-heat oven to 375°.
2. Whisk together water and egg.
3. Add in all the other ingredients, **except oil and sauce**, mix until well blended.
4. Roll into approx. 1 inch balls. (*If mixture sticks to your hands when forming “meat” balls, add a sprinkle of Lentil Flakes until mixture does not stick to your hands*)
5. Lightly oil a baking sheet/pan.
6. Place “meat” balls on the baking sheet/pan.
7. Bake for 10 minutes.
8. Top the “meat” balls with your favorite sauce: BBQ, Sweet & Sour, Teriyaki...