

Vegetarian “Meat”balls

1/2 a package (2 1/3 cups) vegetarian ground meat (soy based) I use Tivall
2 medium onions, peeled and chopped
1 cup celery chopped (about 2 stalks)
1 cup carrots peeled and chopped (about 2-3 carrots, depending on size)
10 mushrooms sliced
2 tablespoons oil
1 1/2 cups breadcrumbs
2 eggs
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon onion powder
1 jar 26 ounces, about 700 grams good bottled tomato sauce
2 cups hot water
3 cups cooked rice or hot cooked spaghetti
Yields 30 two tablespoon meatballs

Direction:

In a medium pot, heat the oil and add the onions and cook till medium yellow then add the carrots, celery and mushrooms. Cook and stir about for a few minutes, then cover pot and let cook about 10-15 minutes or till soft but not mushy. Take off the fire and add the frozen ground "beef" right into the veggies and stir about. It will help cool the mixture enough that it should turn lukewarm and be ready for the blender or food processor.

Place the eggs, breadcrumbs and spices into blender/processor together with the cooked mixture. Pulse/blend on and off till mixture is completely chopped and incorporated and looks like a chopped meat mixture.

Form balls out of 2 tablespoons mixture and place on some tin foil next to your pot. Take the jarred tomato sauce (about 3 cups in the jar) and pour into the same pot you cooked your veggies in and add hot water to the sauce, bringing to the simmer. Gently drop the meatballs into the sauce and cook for 25-30 minutes. Serve hot over cooked rice or spaghetti.