

Lentil Meatballs

Ingredients:

½ cup dry red lentils

1 bay leaf

1 cup water

8 oz. white mushrooms, washed

2 Tbsp. olive oil

2 cloves garlic, minced

2 Tbsp. dry red wine

½ cup vegetable broth

1 Tbsp. soy sauce

½ cup old-fashioned oats

1 tsp. Italian seasoning

Salt and pepper to taste

Preparation:

Combine lentils, water and bay leaf in saucepan and bring to boil, then lower heat and simmer for 10-15 min. (lentils will be undercooked). Drain and discard bay leaf. Put lentils and mushrooms in blender or food processor and pulse until coarsely chopped. Heat olive oil in skillet and sautee garlic for about a minute. Add lentil/mushroom mixture. Cook for 5 minutes stirring constantly until browned on medium to high heat. Add red wine to skillet, stir until evaporated. Add soy sauce and broth, oats and seasonings and stir until all liquid is absorbed. Allow mixture to cool while heating oven to 350 degrees. Oil a muffin tin. When mixture has cooled, form into 12 meatballs, put one in each muffing slot and bake for 30-40 min. until golden brown. Can be served with pasta, spaghetti sauce, or used for appetizers with sweet and sour sauce. Freeze well for future use.

Submitted by Melody Hofmann

