

BBQ Lentil Meatballs

Adapted from Recipe on Veganwithcurves.com

Ingredients:

- ½ cup cooked brown rice
- 1 TBSP ground flax
- 3 TBSP water
- ½ cup onion, chopped
- 2 cups chopped mushrooms
- 15 oz can of lentils
- 1/8 cup chopped cilantro
- ½ tsp salt
- ¼ tsp garlic powder
- 1 tsp basil
- 2/3 cup oats
- 2-3 TBSP BBQ sauce
- 2 TBSP vegan Worcestershire sauce
- ½ tsp liquid smoke

Directions

1. Make a flax egg. Mix 1 TBSP flax with 3 TBSP water. Set aside.
2. Next add a bit of water to a large pan over medium high heat. Add chopped onions and mushrooms. Cook until translucent. Turn off heat and set aside.
3. Open your can of lentils, drain and rinse off the extra salt. Add them to a food processor.
4. Add the cooked veggies, cooked rice, flax egg, oats, cilantro, spices, 1 TBS bbq sauce, Worchester sauce, and liquid smoke to food processor. Blend until fully combined.
5. If mixture is too wet, put it in the refrigerator for 30 minutes.
6. Roll mixture into balls and space evenly on a cookie sheet lined with a silicone mat or parchment paper
7. Brush BBQ sauce on top and bake for 20-25 minutes. Flip over at 10 minutes, adding more BBQ sauce if you'd like.