



## Mushroom Meatballs

SERVINGS: 6 (24 MEATBALLS)

PREPPING TIME: 5 MINS

COOKING TIME: 30 MINS

### INGREDIENTS

16 oz. cremini and shiitake mushrooms,  
sliced  
1/2 cup walnuts  
1 medium onion, chopped  
2 garlic cloves, grated  
1/2 tsp. sea salt  
1/2 tsp. ground black pepper  
1 tsp. ground cumin  
1 tsp. smoked paprika  
2 cups black beans, drained and rinsed  
1/4 cup rolled oats  
2 tbsp. olive oil  
1 tbsp. tomato paste  
1 tbsp. ground flaxseed  
1 tbsp. tamari  
1/2 cup almond flour  
1/4 cup fresh basil or parsley

### DIRECTIONS

1. Preheat the oven to 425°F and line a baking sheet with parchment paper. Place the mushrooms on the baking sheet and drizzle with 1 tbsp. olive oil. Roast for 15 minutes.
2. In a food processor place the walnuts, onion, garlic, salt, pepper, cumin, and paprika. Pulse until coarsely ground then add the roasted mushrooms, black beans, oats, olive oil, tomato paste, flax seed, and tamari sauce. Pulse until well combined but still a few larger chunks remain.
3. Transfer the mixture into a large bowl and fold in the almond flour. Use a scoop to portion the mixture and roll into balls with your hands.
4. Add the meatballs to a skillet with 1 tbsp. olive oil and cook, rotating the balls as they brown until browned all around (about 5 minutes).
5. Transfer the skillet to the oven and bake for another 10-15 minutes until the meatballs are firm.
6. Garnish with fresh basil or parsley. Serve with marinara sauce.

### NUTRITION

Serving size: 4 meatballs  
(per serving) 293.4 calories, 17.4g fat, 1.8g saturated fat, 0mg cholesterol,  
542.1mg sodium, 26.4g carbohydrate, 9.9g fiber, 3.8g sugar, 12.2g protein