



CONCORD GRAPE VEGAN BLACK BEAN & LENTIL MEATBALLS



SERVES: PREP TIME: COOK TIME:
 12-14 | 30M | 30M

DAIRY FREE VEGAN VEGETARIAN

INGREDIENTS:

For the Meatballs:

- 1 Cup Uncooked Green Lentils
- 1 Cup Black Beans
- 4 Tbsp Tomato Paste
- 1 Cup Rolled Oats
- 1 Garlic Clove (Finely Minced)
- ½ Tsp Black Pepper
- ½ Tsp Kosher Salt
- 1 Tsp Dried Oregano (Mixed Italian Herbs)
- 1 Tsp Dried Onion Powder

For the Sauce:

- 1 Cup Crofter's Organic Premium Concord Grape Fruit Spread
- 2 Tbsp Tomato Paste
- ½ Cup White Wine Vinegar
- 1 Tsp Red Chili Flakes
- ½ Tsp Black Pepper
- ½ Tsp Kosher Salt

Garnishes:

- Fresh Parsley
- Fresh Green Onion/Scallion

DIRECTIONS:

1. To start, line a baking sheet with parchment paper or aluminum foil and lightly coat it with non-stick cooking spray and preheat your oven to 400°F.
2. Bring by cooking your lentils. Follow the package instructions to best cook your lentils (usually 1 cup of lentils to 2 cups of water) Add the lentils to boiling water and cover and simmer for 10-15 minutes. While the lentils are simmering, rinse the black beans under cool water.
3. Once lentils are finished cooking (nice and soft) turn off the heat, strain out the water and add in the black beans so that they become warmer and easier to mash. Transfer the lentils and beans over to a large mixing bowl and use a potato masher to mash the beans and lentils. It's okay to have a few small chunks left.
4. Add in the finely minced garlic, black pepper, salt, oregano and dried onion powder and stir well to combine. Next place the rolled oats into a food processor and pulse until the oats break down into a finer powder. Remove from food processor and add into the bowl and mix well to combine. Lastly, add in the tomato paste and give the mixture one last mix.
5. Begin scooping out and rolling bite sized meatballs with your hands and placing them on the prepared baking pan. Careful not to place the meatballs too closely together as this will slow their cooking time. Bake at 400°F for 30 minutes or until the meatballs become crispy. Remove from oven and let the meatballs rest for 5 minutes.
6. While meatballs are resting, in a small/medium saucepan, combine all the sauce ingredients with a whisk over medium/high heat. Bring the sauce to a boil and then reduce heat to medium and continue to simmer and stir. Place the meatballs in the sauce to coat them and then remove and insert a toothpick into each meatball. Garnish with fresh parsley and fresh green onion or scallion. Enjoy!