

Healthy Italian Vegan Meatballs & Marinara Sauce

Yield: 12 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-vegetarian-meatball-recipe>

Ingredients:

- 2 Flax egg 2 tbsp flax seeds + 6 tbsp water, wait 15 min
- 1/2 cup onion chopped
- 1 garlic clove pressed
- 2 cans chick peas drained/rinsed, but save the aquafaba though, use it in VanillaCrunch's chocolate mousse recipe for dessert !
- 1/4 cup almond flour or breadcrumbs
- 1/2 cup ketchup PETA.org: Heinz brand is vegan
- 1/4 cup chopped cilantro
- 1 tablespoon nutritional yeast
- 1 teaspoon italian seasoning – Basil, Oregano
- 1 pinch salt and cayenne pepper, only if you like it hot
- 1/4 cup onion chopped
- 1 garlic clove pressed, I use this press
- 2 cups tomatoes cored & chopped
- 4 1/2 ounces tomato paste tube, I use this brand
- 1/4 cup cilantro chopped
- 1 teaspoon italian seasoning – Basil, Oregano
- 1 bay leaf
- 1 dash salt and pepper

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 40 milligrams
4. Fat: 3 grams
5. Fiber: 4 grams
6. Protein: 10 grams

7. Sodium: 530 milligrams

8. Sugar: 6 grams

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