



The Kitchen at Second Harvest Meatless Meatballs try at home recipe

Recipe modified from *Chocolate Covered Katie*

flip to learn more!



Ingredients

- 1 tablespoon olive oil
- 1 small onion, about ½ cup, chopped
- 2 cloves garlic, minced and divided
- ¾ cup oats
- 15 ounce can of kidney beans, rinsed and drained
- 1 tablespoon tomato paste
- 2 tablespoons Italian seasoning
- ½ teaspoon salt
- ½ teaspoon black pepper

Yield: 12-16 meatballs

Serving Size: 4 meatballs



Directions

- Preheat the oven to 350F and line a large baking sheet with parchment paper.
- In a skillet, heat the oil over medium heat. Sauté the onions and the two garlic cloves until softened, about 3 minutes.
- Transfer the onion mixture to a food processor or large bowl. Add the oats, beans, tomato paste, Italian seasoning, salt, and black pepper. Pulse to combine until the beans become part of the coarse mixture. If you don't have a food processor, use a fork or potato masher to crush the beans into the mixture.
- Using your hands, form 12 to 16 balls and place them on the lined baking sheet. Bake for 15 minutes, carefully flipping them over halfway through.

Find more recipes, free classes, and ways to get involved!



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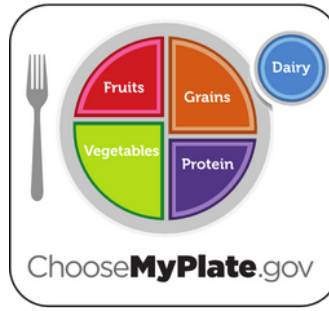


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Cooking Tips

- This is a great recipe for anyone trying to eat less meat!
- Try using a potato masher if you struggle crushing the beans with a fork.
- If you use rolled or old fashioned-oats, pulse them in a food processor or blender before mixing with other ingredients. If you use quick oats, you can skip this step!
- Try serving these meatballs with a homemade sauce of your choice, and over spaghetti (or spaghetti squash for a healthy swap!)

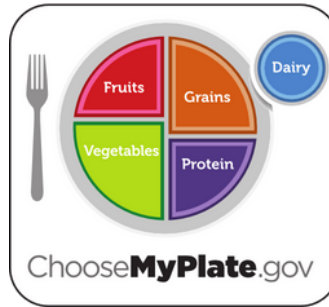
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Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	4 Meatballs
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 38g	14%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3.6mg	20%
Potassium 470mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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