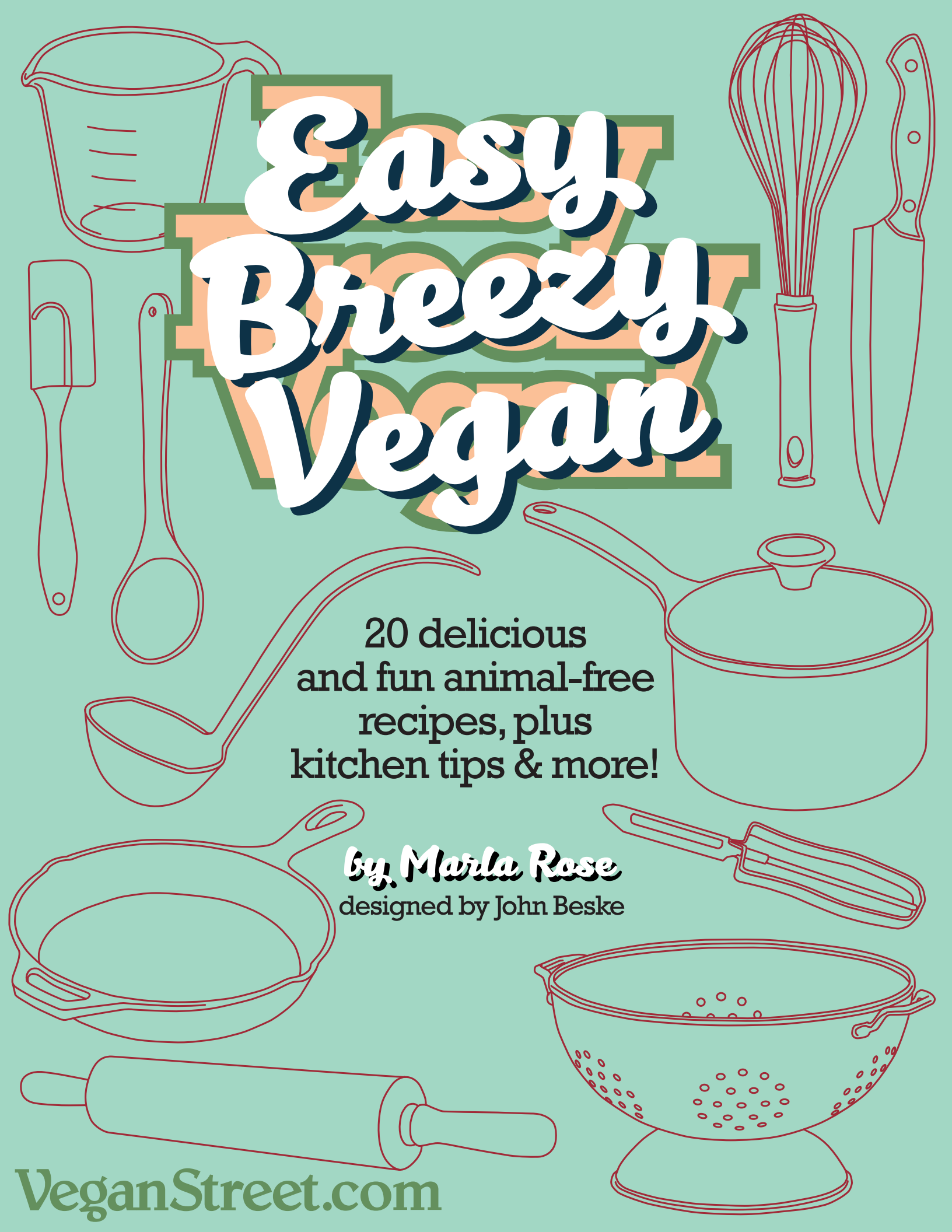




Easy Breezy Vegan

20 delicious
and fun animal-free
recipes, plus
kitchen tips & more!

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Swedish Meatballs

These vegan meatballs, traditionally served with a flavorful gravy and on noodles, are a little crunchy on the exterior, soft on the interior, and hearty. It's not always easy to replicate these dishes when we are emphasizing wholesome ingredients but cracking the code is pretty darn enjoyable. Soy-, gluten- and oil-free, these vegan Swedish meatballs are very different from the original but still packed with flavor. This will dirty a few pans but is really easy to make and very worth the effort. I hope you enjoy...



2 cups cooked basmati rice

1 cup cooked brown lentils

½ cup plus 2 tablespoon old-fashioned rolled oats, coarsely ground in the blender or food processor

1 yellow onion, diced

⅓ cup low sodium vegetable stock or 1 tablespoon olive oil

2 ½ tablespoon low sodium tamari, divided

1 cup curly parsley, minced

¼ cup gluten-free all-purpose baking flour (I use [this one](#)) or regular flour

2 tablespoons nutritional yeast

1 teaspoon allspice

¼ teaspoon ground nutmeg

½ teaspoon paprika

Salt and pepper, to taste

Cook the lentils and the rice, and let them cool. Place them in a large mixing bowl with the ground oats.

Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper or a light brushing of olive oil.

In a large sauté pan, heat the vegetable stock over medium heat and add the onion. (This is the oil-free version: if you'd prefer, use 1 T. olive oil in the place of the vegetable stock.) Cook, stirring often, for about eight minutes or until softened. Add 1/2 T. tamari and stir for an additional minute. Add the onions in the mixing bowl with the lentil mixture, and add all the other ingredients listed, including the remaining 2 T. tamari. Mix vigorously with a spoon until the mixture is thick and uniform, sticking together when you pinch it between your fingers, about three minutes.