

Lentil Pecan Meatballs w/Sweet and Sour Sauce

Ingredients for meatballs:

- ½ c. uncooked lentils
- 1 ½ c. water
- 2 t. vegetarian chicken seasoning
- ½ c. onion, finely chopped
- 2 cloves garlic, minced
- 1 t. parsley
- ¼ t. each: thyme, paprika, summer savory, basil
- 1 c. pecans, finely chopped
- 4 T. oat flour
- 2 T. flax meal
- 2 T. nutritional yeast
- 1 t. salt

Directions

1. Combine lentils and water and bring to a boil. Reduce heat and stir in chicken seasoning. Cover and cook for 30-35 minutes until lentils are soft and water is reduced.
2. Combine all ingredients and form into small meatballs. Fry in a little olive oil.

Sweet and Sour Sauce

Place all ingredients in blender: 3 c. pineapple juice, (1) 14-oz. can diced tomatoes, 1 whole sweet onion, ½ red pepper, 3 cloves garlic, 1 t. basil, 1 T. onion powder. Blend to a chunky consistency. Pour in kettle and bring to a boil; reduce heat and simmer for 15 minutes. At the end of the simmering, stir together 2 T. cornstarch and 2 T. water and stir into simmering sauce. Add 1 t. salt, a drizzle of honey and 1 t. molasses.