

Mushroom Chickpea Meatballs with Roasted Garlic Tomato Sauce

Prep time:

20 minutes

Cook time:

45 minutes

Yields:

6-8 servings

Ingredients

For the Sauce

- 3 pounds tomatoes
- 1 head garlic
- 2 tablespoons olive oil
- 1/4 cup fresh basil , more to taste
- salt and pepper to taste

For the Meatballs

- 2 cups cooked chickpeas
- 1 tablespoon olive oil
- 1/2 cup yellow onion, chopped
- 2 cloves garlic minced
- 2 cups cremini mushrooms, chopped
- 2 tablespoons ground flax + 6 tablespoons water
- 1/2 cup gluten-free breadcrumbs
- 1 teaspoon Italian seasoning
- 1/3 cup fresh parsley chopped
- Salt and pepper to taste

Directions

1. Preheat the oven to 400°F. Line a large baking sheet with parchment and set aside.
2. Cut the top of the garlic off and then wrap in foil. Place on the pan.
3. Quarter the tomatoes and place on the pan. Drizzle the olive oil across the top. Sprinkle salt and pepper on top.
4. Roast the tomatoes and garlic in the oven for 45 minutes, or until the skins start to shrivel.
5. While tomatoes and garlic are roasting, make a flax egg by mixing together 2 tablespoon ground flaxseed with 6 tablespoons water in a small bowl. Let sit for 5 minutes to thicken.
6. Saute yellow onion, garlic and cremini mushrooms in olive oil in a skillet on medium heat, cook until soft. About 5 minutes.
7. Once vegetables are soft, add to food processor along with breadcrumbs, fresh parsley, flax egg, and salt + pepper. Pulse ingredients until combined. Use a spatula to scrape down sides as needed. You'll want the mixture to be well-combined, very mushy and sticky.
8. Roll each ball between your hands to form golf-ball sized balls. Place evenly spaced on a lightly greased baking sheet.
9. Bake in preheated oven for 25 minutes. Rotate each halfway through cooking.
8. Remove tomatoes and garlic from oven and allow to cool slightly, then pour the tomatoes and basil into a blender. Remove the foil from the garlic and squeeze the cloves into the blender. Pulse until you reach your desired consistency. Add basil, salt and pepper to taste.
9. Reheat sauce in a large saucepan

10. Add meatballs when ready stirring thoroughly yet gently to coat the meatballs with sauce but being careful not to smash them.
11. Remove from heat and serve.

1. Make a flax egg by mixing together 2 tablespoon ground flaxseed with 6 tablespoons water in a small bowl. Let sit for 5 minutes to thicken.
2. Meanwhile, saute yellow onion, garlic and cremini mushrooms in olive oil in a skillet on medium heat, add chopped veggies to pan and sauté until soft. About 5 minutes.
3. Once vegetables are soft, add to food processor along with breadcrumbs, fresh parsley, flax egg, and salt + pepper. Pulse ingredients until combined. Use a spatula to scrape down sides as needed. You'll want the mixture to be well-combined, very mushy and sticky.

Roll each ball between your hands to form golf-ball sized balls. Place evenly spaced on a lightly greased baking sheet.

1. Bake in preheated oven for 25-30 minutes. Rotate each ball and reshape if needed every 10 minutes. (The longer you leave them in the oven, the crispier the outside will become).