

# VEGAN MEATBALLS (AKA NUTRIENT POWERBALLS)

## Ingredients

- 15 oz can black beans drained and rinsed
- 1/4 cup sunflower seeds
- 1/2 cup oats – or more as needed to make balls firm enough to stick together
- 2 tbsp tomato paste
- 2 cloves of garlic
- 1/2 large onion chopped
- 2 tbsp ground chia seeds or flax seeds
- 1/2 tbsp onion powder
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp red pepper flakes (optional)
- Sea salt and pepper to taste
- Oil for frying

## Instructions

1. Put all ingredients (except oil) to a food processor or blender and pulse a couple of times. Scrape down the sides and pulse again. Repeat for about one minute or until the mixture sticks together.
2. Roll the mixture with your hands into balls. I used 1 Tbsp per ball (the recipe makes about 15 balls).
3. Preheat oven to 390 degrees
4. Heat 2-3 Tbsp oil in a pan/skillet and fry balls for about 6-8 minutes over medium heat. Shake the pan from time to time to fry the balls evenly from all sides.
5. Transfer the balls to a baking sheet and bake in the oven for about 20 minutes.

From [elavegan.com](http://elavegan.com)

## Rooted Nutritional Nugget

Make extras because they're loaded with goodness. Great additions to lunchboxes with a little tomato sauce, crumbled over salads, or popped into a pita with fresh hummus and chopped tomato, cucumber and purple cabbage!

