



Tender Bits Meatballs

- 1 can (19 ounce) Tender Bits
- 1 ½ - 2 cups bread crumbs
- 2 eggs, beaten
- 6 ounces V8 Juice or tomato sauce
- 1 onion, finely chopped
- 1 celery stalk, finely chopped
- 1 tablespoon McKay's Chicken Seasoning
- ¼ teaspoon Vegetarian Express Roasted Garlic Red Pepper Zip

Directions: Preheat oven to 350 degrees. Drain the Tender Bits and grind in food processor until it resembles burger. Combine the ground Tender Bits and remaining ingredients in large bowl. Stir well and then let sit until all moisture has been absorbed. Roll teaspoon size meatballs and place on parchment lined baking sheet. Add more bread crumbs if meatballs are too wet to roll. Bake for 20-25 minutes, flipping meatballs over halfway through baking time. If not browning, bake a little longer. Serve with pasta or rice or coat the meatballs with a barbecue sauce and bake a few minutes longer.

Submitted by Sydney A. of New Mexico