Vegan Meatballs

1 can (19 ounce) Heritage Vegeburger
½ onion, finely chopped
½ cup mushrooms, finely chopped
1 small bell pepper, finely chopped
2 cloves garlic, minced
1 tablespoon olive oil
½ cup walnuts, toasted and finely chopped or ground
1 Neat egg
1 handful fresh spinach
1 tablespoon fresh parsley, chopped
½-1 cup bread crumbs
2 teaspoons Italian seasoning
2 teaspoons Vegetarian Express Beef-Like Seasoning
¼ cup water
Kosher salt to taste

Directions: Sauté onions, mushrooms, bell peppers and garlic in olive oil until soft. In a large bowl combine the sautéed vegetables with the vegeburger and mix thoroughly. Mix the Neat egg according to package directions. Stir into the vegeburger until well incorporated. Combine Beef-Like Seasoning with the water and stir into meatball mixture. Chiffonade the spinach and then cut the strips into smaller pieces. Mix spinach, parsley, Italian seasoning and ½ cup bread crumbs into the meatball mixture. Continue adding breadcrumbs until the mixture holds together without crumbling. Add salt to taste.

Preheat oven to 350 degrees. Line baking sheet with parchment paper. With a tablespoon, form balls of mixture and roll in your hand to make even. Place 1-2 inches apart on sheet. Bake 30 minutes turning over halfway through. Check a meatball to see if the center is set. If still too wet, bake at 300 degrees for 15-20 minutes longer.
Serve with Chunky Marinara or your favorite sauce

Submitted by N.S. of North Carolina