

RECIPE | PEPPERS



VEGAN MEATBALLS IN PEPPER SAUCE



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INGREDIENTS

For the meatballs:

- 8 oz** Pure Flavor® Aurora Bites Mini Sweet Peppers
- 4** cloves garlic
- 3** cans chickpeas, drained
- 1 cup** white rice, cooked
- 1 cup** nutritional yeast
- 1 tbsp** xanthan gum

For the pepper sauce:

- 8 oz** Pure Flavor® Aurora Bites Mini Sweet Peppers, Sliced
- 3** cloves garlic
- 15 oz** can coconut milk
- 2 tbsp** olive oil
- 2 tbsp** tomato paste
- 1 tsp** salt
- 1 tsp** basil
- 1 tsp** dried oregano
- ½ tsp** thyme
- Parsley, for garnish

DIRECTIONS

- 1 Preheat the oven to 375°F.
- 2 Combine all of the meatball ingredients in a food processor. Blend until smooth and the mixture is thick enough to form meatballs that hold their shape.
- 3 Shape the mixture into balls using about 2 tablespoons per ball and place on a baking sheet. Bake for 20 minutes.
- 5 While the meatballs are baking, blend all the sauce ingredients together and bring to a simmer in a large skillet over medium heat for 10 minutes.
- 6 Once the meatballs have finished baking, add them to the skillet of roasted pepper sauce to coat. Garnish with parsley.
- 7



40 min

20 min PREP. | **20 min** COOKING



6



medium