

VEGETARIAN MEATBALLS

MIX THE FOLLOWING VERY WELL AND FORM IN TO SMALL BALLS

2 CUPS PROGRESSO BREAD CRUMBS (ITALIAN)
2 CUPS PECAN MEAL
4 EGGS OR FLAX SEED EGGS OR EGG SUBSTITUTE
1CUP SHARP CHEDDAR CHEESE OR VEGAN CHEESE
1 PK GRILLER CRUMBLES OR SUBSTITUTE
1 LARGE ONION FINELY CHOPPED
DASH OF OREGANO, BASIL, SAGE, GARLIC POWDER
1 TSP MCKAYS CHICKEN STYLE SEASONING

PLACE IN A SPRAYED PAN

COOK AT 350 DEGREES UNTIL BROWN

MAY HAVE TO TURN ON TO THE OTHER SIDE FOR EVEN COOKING

THESE CAN BE FRIED ALSO—IF YOU DON'T MIND EXTRA CALORIES

SAUCE

1 JAR SPAGETTI SAUCE
1 ONION CHOPPED
3 CLOVES GARLIC CHOPPED
1CUP BABY BELLAS CHOPPED
1 CUP RED, GREEN, YELLOW, ORANGE PEPPERS CHOPPED
2 TBSP SUGAR OR STEVIA
1 TBSP TRADERS JOE SOUTH AFRICAN SMOKE SEASONING
2 TBSP BARBECUE SAUCE
1 TBSP MCKAYS CHICKEN STYLE SEASONING

SAUTE ONIONS, GARLIC, PEPPERS AND MUSHROOMS

ADD SAUCE AND OTHER INGREDIENTS

LET SIMMER UNTIL FLAVORS ARE MIXED