



LOCAL FOOD OLYMPICS

Vegan Meatballs

Contributed by Delmonica Glaze

Ingredients

- 1 teaspoon olive oil
- 1 small chopped onion
- 2 cloves garlic, chopped
- Sweet peppers, chopped (optional)
- ½ cup ketchup
- 1 ½ cups water (can add more depending on how much gravy you'd like)
- 1 box Morningstar vegetarian grillers (halved) or vegetarian meatballs
- Salt and black pepper, to taste
- 1 tablespoon fresh squeezed lemon juice
- ½ teaspoon dried basil (can be substituted for fresh)
- ½ teaspoon dried oregano (can be substituted for fresh)

Instructions

Heat olive oil in pan. Saute onion, garlic and sweet peppers together. Stir in ketchup and bring to simmer, stirring occasionally. Stir in water and bring to simmer, stirring occasionally.

Add Morningstar vegetarian meatballs or grillers and bring to slow simmer, allowing flavors to meld. Add black pepper, salt, basil, oregano and lemon juice and stir. Cook until tender. More water may be added in small batches until desired consistency is achieved.

Serve with brown rice and enjoy.