



# Meatless Meatballs



15-20 min



4 servings

## INGREDIENTS

- 1 1/2 cups water
- 1 cup dry bulgur
- 1 egg, beaten
- 1/2 cup all purpose flour
- 1/2 cup cooked garbanzo beans, mashed
- 1 carrot, peeled and grated
- 3 green onions, finely chopped
- 1 teaspoon soy sauce
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 teaspoon salt (optional)

## DIRECTIONS

1. In a large saucepan, bring water and bulgur to a boil. Stir, turn off heat, and cover the pan with a lid. Let bulgur sit for 10 minutes. Drain excess water.
2. Mix together cooked bulgur, egg, flour, beans, carrots, green onions, soy sauce, salt and garlic powder. Form mixture into 1-inch balls.
3. In a frying pan, heat oil over medium heat. Cook meatballs, turning every few minutes until brown on all sides. Remove from pan and place on a paper towel to drain excess oil.

Recipe source: Ahrens, J. Let's Cook, Vamos a Cocinar third edition. San Fernando, CA: California Department of Public Health