

Maryann's Meatless Meatballs from Nanette Ross

Ingredients:

- 1 cup Pecan Meal*
- 1 cup Bread crumbs
- 1 small onion, diced
- 4 eggs
- 1-2 T water
- 1-2 tsp onion powder
- 1-2 tsp garlic powder
- 1-2 tsp basil
- 1 tsp sea salt
- 1 T parsley flakes

Directions:

Form into walnut-sized balls. Brown in olive oil. Cook in sauce of your choice for 45 minutes.

Bon Appétit!

*Pecan meal is ground up pecans!

TASTY TUESDAY



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