

# Tofu Meatballs

Prep. Time: 15 minutes

Bake Time: 30 minutes + 20-30 minutes

6 servings of 3 each

1 pkg. Mori Nu, firm  
1½ c. onion  
2 T. soy sauce  
½ t. garlic powder

1 c. pecan meal (or ground walnuts)  
1½ c. whole wheat bread crumbs\*  
2 t. parsley flakes  
½ t. sage  
¼ t. oregano  
¼ t. basil

COMBINE first four ingredients in blender.  
WHIZ smooth.  
POUR into mixing bowl.

ADD last six ingredients.  
MIX well.  
SCOOP onto prepared cookie sheet in walnut-sized balls.  
BAKE at 350° for 30-40 minutes.

These will freeze nicely at this point.  
When ready to use, thaw and

PLACE in flat, shallow casserole in single layer.  
COVER with favorite gravy that isn't too thick.  
BAKE uncovered in 350° oven for 25-30 minutes.  
SERVE

\*A quick way to make whole-wheat crumbs is to whiz bread slices in mini food processor or blender, spread out on cookie sheet, and dry in oven at 300°.

These may be served with sweet & sour meatball sauce, mushroom gravy, stroganoff sauce, or spaghetti sauce.