

PREPARATION: 1 HOUR

COOKING: 30 MINUTES

4 SERVINGS

VEGGIE BALLS

INGREDIENTS

Veggie balls*

340 g firm or extra-firm tofu, drained

¾ cup panko breadcrumbs

¼ cup onion

3 eggs

2 garlic cloves

3 tablespoons fresh basil (or 2 teaspoons Italian seasoning)

2 teaspoons low-sodium soy sauce

2 teaspoons balsamic vinegar

1 teaspoon garlic powder

Black pepper to taste

2 tablespoons olive oil

Veggie mix for the sauce

2 red bell peppers (2 cups)

1 large onion (1 cup)

1 stalk celery (½ cup)

1 medium carrot (½ cup)

3 garlic clove

2 tablespoons olive oil

Sauce

1 cup no salt added chicken stock

2 tablespoons ketchup

1 tablespoon balsamic vinegar

1 teaspoon garlic powder

½ teaspoon paprika

¼ teaspoon chili pepper flakes (optional)

Pasta

2 cups white pasta, uncooked



* All ingredients need to be finely chopped.

PREPARATION

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2 Remove excess liquid from the tofu by placing the tofu block between paper towels and applying some pressure. Place chunks of the tofu into the food processor and chop until the texture resembles minced meat.
- 3 Prepare veggie balls: Add all ingredients, except the olive oil, to the tofu mixture in the food processor. Chop until the mixture becomes a paste.
- 4 Form small balls by using 1 tablespoon of mixture per ball (around 40 balls total). Place the balls on the lined baking sheet. Brush the veggie balls with 2 tablespoons oil.

Nutrient Analysis	
PER SERVING:	
¼ of recipe	
RENAL EXCHANGE:	
2 ½ Protein + 3 ½ Starch + 1 Vegetable	
Calories	658 Kcal
Protein	31 g
Carbohydrates	73 g
Fibre	6 g
Total Fat	27 g
Saturated Fat	4 g
Cholesterol	140 mg
Sodium	286 mg
Potassium	670 mg
Phosphorus	442 mg

Very high source of fibre

- 5** Bake the veggie balls for 20 minutes or until crispy outside and soft inside .
- 6** Prepare the veggie mix for the sauce: add all ingredients except the olive oil to the food processor. Chop until the desired consistency is reached (with chunks or smooth: it is your choice!).
- 7** Heat oil in a non-stick frying pan over medium-high heat and fry the vegetable mixture for about 10 minutes.
- 8** Prepare sauce: in a bowl, combine the chicken stock, ketchup, and other sauce ingredients.
- 9** Combine sauce (step 8) and vegetables (step 7) and reduce heat to medium. Cover and simmer for another 15–20 minutes.
- 10** Cook the pasta according to package instructions.
- 11** Serve the veggie balls with the sauce over pasta and enjoy!

Tip: Freeze leftover cooked veggie balls and add them to sauce or soups. Reheat them in oven or microwave.