

Swedish Meatballs (vegan)

in a Sweet N' Sour Sauce

Ingredients

1 package water-packed extra firm tofu
1 large onion (puréed with almond milk)
¼ cup almond milk
2 cups stuffing mix
2 cups quick oats
1 cup crushed saltine crackers
1 cup finely chopped pecans (chopped fine)
1 package Good Seasons Italian Dressing Mix
1 cup your favorite vegeburger
Additional almond milk (just enough to moisten)

Sauce:

1 12-ounce bottle of Heinz Chili Sauce
1 14-ounce can jellied cranberry sauce

Directions

Puree onion, tofu, and almond milk in food processor. Pour into larger mixing bowl. Add all other ingredients. Mix well (I use gloves and mix with hands). Add almond milk a little at a time adding just enough for mixture to stick together.

Using a one-inch scoop, place meatballs onto cookie sheet that has been sprayed with a vegetable cooking spray. (If you do not have a one-inch scoop, you may roll these into small bite size balls.) Place in oven and bake at 350 degrees for approx. 30 minutes until slightly crispy.

SAUCE: In a saucepan, mix chili sauce and jellied cranberry sauce. Simmer until hot, stirring with wire whisk until smooth. Pour over meatballs and serve hot. May be kept on crock-pot on lowest setting.

*(Do not overcook, as this will just cause them to get soft and fall apart). You can also bake them in the oven for 20-30 minutes until hot and sauce is bubbly.

Yields: Approx. 24 (1-inch meatballs)

