



Meatless Meatballs in Apricot Salsa

INGREDIENTS

Meatballs:

16 oz firm tofu, mashed
3 slices whole wheat bread, crumbed
1-2 cloves garlic, chopped or minced
1 onion, finely chopped
½ cup pecans, chopped
2 tbsp all-purpose flour
2 tbsp fresh parsley or chives
1 tsp sweet basil
½ tsp salt
2 tsp low-salt soy sauce
1 packet GW beef broth

Sauce:

1 small/medium onion, diced
1 tablespoon water
1 teaspoon oil

1 cup dried apricots
1 cup water

16 oz favorite salsa

DIRECTIONS

Meatballs:

1. Preheat oven to 350° F.
2. Combine meatball ingredients in a bowl and mix thoroughly.
3. Spray a baking sheet with non-stick oil.
4. Using a 1½" scoop, form into balls and place on sheet.
5. Bake 40 minutes, turning halfway through.

Sauce:

1. Sauté onion with 1 tablespoon water on stove or in microwave. Add oil. Set aside.
2. In medium pot add water and dried apricots. Heat until apricots are softened, about 5 minutes.
3. Transfer softened apricots to food processor. Mix until finely diced, a sauce consistency.
4. Transfer to stove and add salsa and onions. Add water as needed. (I added 1½ cups.)
5. Add sauce to meatballs just before serving.

Servings: 35-40—1½ inch balls