



Meatless Greek Meatballs (Keftedes)

A SAVORY VEGAN APPETIZER

ingredients

- 4 cups cooked pinto beans, drained
- 1 red onion, cubed very small
- 3 garlic cloves, chopped
- 1 cup parsley, chopped
- 1/3 cup ground flax seeds
- 3/4 cup breadcrumbs
- 1 cup flour
- 1 tsp sea salt
- 1 tsp black pepper
- 1 pinch chili pepper
- 1 tbsp mixed dry herbs

directions

- In a large mixing bowl, mash beans
- Add all other ingredients, mix with your hands till well-incorporated
- Let the mixture rest for 15 minutes
- Form little "meatballs"
- Fry in olive oil for a few minutes till brown (or bake for a healthier option)
- Serve with fries and a Greek Salad

Serves 4-6 as appetizers

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