

GobbleBalls: Vegan and Turkey

Frank Ginipro

Yes, they're round and always looking for a nice pool of marinara and linguine to bathe in, but they can be so much more. GobbleBalls, as we'll call them, have rolled their way into our celebratory Thanksgiving and Friendsgiving meals. Not only are they tasty, but they can bring down the level of stress associated with preparing a big holiday dinner. Just add your favorite side dishes, like mashed potatoes, green beans, and cranberries, and prepare a vegan mushroom or standard gravy, and watch your entire flock gobble them up. You can serve GobbleBalls as an appetizer or entrée.

Here are two recipes to consider, one for the omnivores and one for the vegetarians and vegans in your life. See, you actually can please everyone!

Frank G. lives in Bluff Heights, and has so for over 20 years. He loves its history. He also loves the 8-minute drive to his downtown Long Beach office, where he creates outstanding marketing and advertising pieces.



Turkey GobbleBalls

Prep time: 10 Minutes **Cook time:** 30 Minutes **Yield:** 20 Meatballs

Ingredients

16 oz. box stuffing mix
1 cup hot water*
19 oz. ground turkey (93% lean)
1 large egg, lightly beaten
2 tablespoons butter

Directions

1. Preheat the oven to 400°F. Place the dry stuffing mix in a large bowl, add the hot water, and stir until no more water pools on the bottom of the bowl. Let the stuffing sit for another 5 minutes to further soften. (Less water is added to the stuffing mix than is listed on the box in order to leave room for the absorption of moisture from the turkey and egg.)
2. Add the ground turkey and beaten egg to the bowl with the partially hydrated stuffing mix. Combine these ingredients by hand until they are evenly mixed. Form the mixture into 20 meatballs, slightly larger than ping pong balls, or about 3 tablespoons each.
3. Line a baking sheet with parchment paper, then place the meatballs on the parchment. Bake the meatballs for 20 minutes in the preheated oven.
4. Melt 1 tablespoon butter in a large skillet over medium heat. Add half of the baked meatballs and allow them to cook in the butter until browned on most sides (about 5 minutes). Transfer the browned meatballs to a serving dish, add a second tablespoon of butter to the skillet, and repeat with the second batch of meatballs.
5. Serve warm over a bed of mashed potatoes or with gravy or cranberry sauce for dipping.

Courtesy of Budget Bytes by Beth Moncel on November 11, 2021



Vegan GobbleBalls

Prep time: 15 Minutes **Cook time:** 40 Minutes **Yield:** 25 Meatballs

Ingredients

1/2 cup French green or brown lentils, sorted and rinsed
1 tablespoon olive oil
1/2 cup onions, finely chopped
8 ounces white or cremini mushrooms, diced
4 garlic cloves, minced
1 tablespoon soy sauce
1/4 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/2 teaspoon dried sage
1 tablespoon balsamic vinegar
1/3 cup dried sweet cherries
1 tablespoon ground flaxseed mixed with 3 tablespoons water
1/2 cup walnuts, toasted and roughly chopped
1/2 cup breadcrumbs
1/2 teaspoon salt and pepper

Directions

1. Preheat oven to 350 degrees F.
2. Place the lentils in a medium saucepan and cover with water by at least 2 inches. Bring to a boil, then reduce heat to low and cook for 20-25 minutes or until lentils are tender. Drain and set aside.
3. While the lentils are cooking, heat the olive oil in a large skillet and add the onions. Cook for 2-3 minutes, until onions slightly soften, then add in the mushrooms. Cook for 10-15 minutes, or until mushrooms have lost most of their liquid and have started to brown.
4. Add in the garlic cloves, then add in the soy sauce to deglaze, scraping up the browned mushroom and onion bits. Add in the spices, balsamic vinegar, and cherries, then stir together to warm.
5. Whisk together the flaxseeds and water in a small bowl and set aside until gelled, about 5 minutes.
6. Place the cooked lentils, mushroom, and cherry mixture and walnuts in the base of a food processor and pulse 3-4 times to mix. Add in the flaxseed mixture along with 1/4 cup breadcrumbs, salt and pepper. Pulse again until mostly mixed, then add in the remaining breadcrumbs as needed until a soft mixture forms that easily holds together when pinched. If your mixture is too dry, add in a little water or olive oil. If the mixture is too wet, add in more breadcrumbs.
7. Scoop mixture out, 1 tablespoon at a time, and roll into a ball. Place on a lightly greased or parchment-lined baking sheet and repeat with the rest of the mixture.
8. Lightly drizzle the tops of the meatballs with olive oil or spray with cooking spray and place in the oven. Bake for 15 minutes, then flip and bake another 10-15 minutes or until golden brown on the outside.

Courtesy of Delish Knowledge by Alexandra Caspero on November 13, 2020