

Shirley's *Pally Up*® Vegetarian Meat Balls and Vegetarian Meatloaf and Sweet Sauce

(makes a great Meat Ball Sub too!)

Servings: 4-6

MEAT BALLS *

1½ cups *Pally Up*® Mix (2 packets)
4 large eggs
½ cup bread crumbs
1 cup water
2 tablespoons oil
¼ cup grated parmesan cheese
½ cup finely shredded raw onion
1 tablespoon Italian seasoning
1 teaspoon salt
Dash of pepper

Combine all ingredients and let set up for 10 minutes. The mixture will be slightly sticky and thin.

Scoop by 1/8 size ice cream scooper or 1/8 cup and sauté in generous amount of coconut oil in hot pan on stove. Sauté each side until golden brown and crusty or bake at 350° for 20 minutes or until well browned.

Pour 1 jar of your favorite spaghetti sauce over and simmer for another 5 minutes. Serve over your favorite pasta with a generous shaving of parmesan cheese.



MEATLOAF

* Use same recipe for vegetarian meatloaf. Pour into loaf pan and bake at 350° for 45 minutes to 1 hour. Smother with sauce below and broil until bubbly.

SWEET SAUCE

1 cup ketchup
½ cup brown sugar
dash Worcestershire sauce
1 tablespoon horseradish sauce
1 tablespoon white vinegar

Bring to boil and pour over meatloaf before broiling.



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