

# Tofu Walnut Meatballs

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2 c. soft whole grain breadcrumbs  
3/4 c. finely chopped walnuts  
1/2 c. quick oats  
1/2 c. finely diced onions  
1/2 t. garlic powder  
1 t. onion powder  
1/2 t. salt  
1 t. Italian seasoning  
2 t. chicken-style seasoning ( use the Live-for-Health Chicken-style seasoning from *Vegan Homestyle*)  
16 oz. firm tofu  
1/4 – 1/2 c. water  
2 T. Bragg liquid aminos

Place bread crumbs, walnuts, oats, onions and seasoning in a large mixing bowl. Blend tofu 1/4 c. water and Bragg liquid aminos until smooth. (Use water sufficient to allow smooth blending). Add blended tofu to the breadcrumb mixture and mix well. Allow to sit for 10 minutes. Use a scoop (spray it with food release) and form into balls. Place on a non-stick cookie sheet. Bake at 350° for 30 – 40 minutes until golden brown top and bottom. They can be frozen to use later if desired. Or, serve hot with sweet and sour sauce.

## Simple Sweet & Sour Sauce

1 (15 oz.) can tomato sauce  
1 c. seedless blackberry or apricot jam  
1/2 t. cumin  
1/2 t. salt  
1 – 2 T. fresh lemon juice

Mix ingredients together and pour over meatballs. Bake until hot.