

# Vegan Eggplant Meatballs

*slightly adapted from Mark Bittman's VB6 Cookbook*

2 Tbsp olive oil  
1 medium onion, chopped  
1 Tbsp minced garlic  
1 lb unpeeled eggplant, cut into 1 inch pieces  
1 tsp kosher salt  
½ tsp black pepper  
1 cup cooked white beans  
¼ cup fresh parsley  
1 ½ cup whole wheat breadcrumbs or panko  
pinch red chili flakes

- Preheat oven to 375F. Grease a large rimmed baking sheet.
- In a large skillet, saute onion in olive oil over medium high heat until soft.
- Add garlic saute for 1 minute stirring constantly.
- Add eggplant and ¼ cup water.
- Season with salt and pepper and cook, stirring occasionally until tender, 10-15 minutes.
- Transfer to food processor along with beans and parsley. Pulse until well combined and chopped but not pureed.
- Mix in bread crumbs and chili flakes by hand.
- Roll into 12 meatballs, about 2 inches in diameter.
- Place on the prepared baking sheet and bake until firm and browned about 25 -30 minutes.
- Serve anyway you would traditional meatballs.



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