

Vegan Gluten-Free Beef Balls

By Webster's

Ingredients:

- **1 15.5oz. can black beans**
- **2 beets on the larger size, peeled and cut into small chunks**
- **½ cup gluten-free flour**
- **2 cloves roasted garlic (you can use fresh, but reduce to 1 clove)**
- **2 teaspoons apple cider vinegar**
- **2 teaspoons dijon mustard**
- **1 teaspoon paprika**
- **1 teaspoon cumin**
- **1 teaspoon thyme**
- **salt and pepper to taste (start with a pinch of each and go from there)**



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Directions:

- Preheat oven to 375 degrees. Line a baking sheet with parchment paper and set aside.
- Add beets to the food processor and pulse until finely chopped, then add beans, flour and remaining ingredients, including salt and pepper, to the food processor with the beets. Pulse until well combined.
- You should be able to handle mixture and form into patties. If mixture is too runny, add a tablespoon at a time of flour until desired texture is reached.
- Shape into any size balls you want.
- Place on parchment paper and cook for 18-20 minutes or until edges are crispy. If you make larger balls or patties, you will need to increase the cook time.

CASHEW DILL SAUCE (Vegan and Gluten-Free):

- 1 cup raw cashew (make sure these are not roasted or salted)
- 1/2 - 3/4 cup fresh water for soaking
- Juice of 1/2 lemon (2 tbsp of lemon juice from a bottle)
- 1/2 tsp. salt
- 1/2 tsp. dill
- 1 cup raw cashew (make sure these are not roasted or salted)
- 1/2 tsp. dill
- Soak the cashews in the water for about 3 hours or overnight in the refrigerator.
- Pour cashews and water into a blender w/ lemon juice, salt and dill.
- Blend until creamy and smooth.

