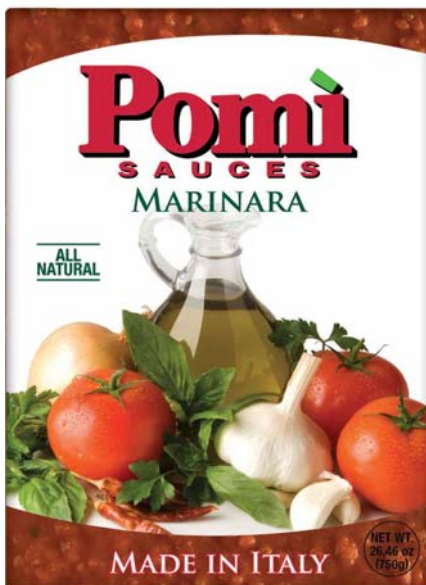




## POMI GARBANZO BEAN BALLS



### POMI MARINARA SAUCE

5 CLOVES GARLIC, MINCED

1 TEASPOON RED PEPPER FLAKES

EXTRA VIRGIN OLIVE OIL (OPTIONAL)

1/2 YELLOW ONION, CHOPPED

8 OUNCES MUSHROOMS, SLICED

1 TABLESPOON COCONUT OIL

1/2 CUP OAT FLOUR

2 CANS GARBANZO BEANS, DRAINED & RINSED

SALT AND PEPPER TO TASTE

1. PREHEAT OVEN TO 350°. PREPARE YOUR SAUCE: IN A MEDIUM SAUCEPAN ADD POMI MARINARA, GARLIC, AND RED PEPPER FLAKES. OPTIONAL: DRIZZLE WITH OLIVE OIL. SIMMER ON LOW FOR 45 MINUTES TO ONE HOUR OR LONGER STIRRING OCCASIONALLY TO LET FLAVORS MARRY.
2. MELT COCONUT OIL AND ADD DICED ONION AND MUSHROOM. COOK FOR 10 MINUTES UNTIL SOFT AND COOKED THROUGH.
3. ADD COOKED ONIONS AND MUSHROOMS, GARBANZO BEANS, OAT FLOUR, SALT AND PEPPER TO FOOD PROCESSOR AND PULSE FOR 1-2 MINUTES UNTIL YOU HAVE A MEATY CONSISTENCY.
4. DIVIDE YOUR MIXTURE INTO 16 ROUNDED BALLS ON A GREASED BAKING SHEET.
5. BAKE FOR 40 MINUTES TURNING OVER HALFWAY THROUGH. LET SIT FOR 5 MINUTES AND SERVE WITH MARINARA SAUCE.

Like us on Facebook 

[FACEBOOK.COM/GOURMETINT](https://www.facebook.com/GOURMETINT)

FOLLOW US ON 

[PINTEREST.COM/GOURMETINT](https://www.pinterest.com/GOURMETINT)