

Lentil Balls:

- Cook 2 liters of red lentils in 3 liters of vegetable stock, until they are soft (usually about 10 minutes) and drain.
- Fry 2 liters of white onion for 5 minutes and 1 cup of garlic.
- Fry 4 liters of mushrooms with some soy sauce, and drain after frying.
- Add first three in a bowl together with:
- 4 liters of blended flax
- 1 liter of nutritional yeast powder
- 1 cup of vegetable soup powder
- 4 tablespoons salt
- 2 tablespoons pepper
- 1 kilo of gluten free flour

Mix, you should be able to make balls. If not, add more gluten free flour.

The balls need to be fried. (In the oven they dry out too much.)