

Vegan meatball and pasta soup

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Recipe type: Mains

Ingredients

Vegan Meatballs

- 400g plant based mince
- 1 cup bread crumbs
- 1 onion, finely chopped
- 140g/120g apple puree
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon salt

Meatball and Pasta Soup

- Vegan meatballs – number based on size you make
- Olive oil
- 1 onion roughly chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- Pinch of salt
- Pinch of black pepper
- Pinch of dried chilli flakes
- 2 tablespoons crushed garlic
- 2 tablespoons tomato paste
- ¼ cup red wine (optional)
- 2 x 400g cans of diced tomato
- 6 cups vegetable stock
- ¼ cup chopped fresh parsley
- 250g uncooked pasta of choice, cook to directions
- Grated vegan cheese to garnish (optional)

Instructions

Meatballs

1. Add all ingredients in a large bowl and combine with your hands
2. Divide into as many meatballs as you want/need
3. Cook on an oiled frypan until brown on both sides and warmed throughout. Keep warm in the oven until needed

Meatball and Pasta Soup

1. In a large pot heat a small amount of olive oil to fry the onion in. Once softened add the basil, oregano, parsley, salt, pepper and chilli. Fry for a few minutes until fragrant
2. Add the garlic and then combine the tomato paste, red wine, tomatoes and vegetable stock
3. Simmer for 15 minutes then blend using a hand blender
4. Add meatballs and simmer until meatballs are warmed through
5. Place cooked pasta in a soup bowl and ladle over soup and meatballs (heat pasta prior if you've cooked it a day earlier)
6. Garnish with grated vegan cheese

Notes

Tip: Meatballs and pasta can be prepared a day or two in advance and kept in the fridge until needed

