

## Mushroom Oat "Meatballs"

Makes 9-10 small "meatballs"

1 small package mushrooms (8 oz/230 g)

1/2 cup oats, blended to coarse flour

1 small onion, diced

2 teaspoons fresh thyme/1 teaspoon dry thyme

2 teaspoons fresh oregano/1 teaspoon/dry oregano

2 cloves garlic, minced

1/2 tbsp butter

Worcester or soy sauce to taste

1 egg (or mix 1 tablespoon ground flax seed plus 3 tablespoons water to make a gel)

10 round crackers, crushed to make crumbs (whole wheat or white)

1 tin tomato basil soup

Preheat oven to 450 °F. Chop up mushrooms finely and cook in dry pan until most of moisture had dried out, if in a hurry, you can remove the liquid but reserve it to flavour other dishes. As mushrooms caramelize, add butter and onion and cook until onion caramelizes. Add thyme, oregano and garlic. Turn off heat and cook seasonings in residual heat to take the bite off of the garlic. Add oats and Worcester/soy sauce, stirring well. Transfer to bowl. Mix in egg and enough cracker crumbs to mimic the consistency of ground meat for meatballs. Use sorbet scoop or pinch off portions of mixture to make 1 inch "meatballs". Roll for smoother appearance. Bake at 450 °F for 15-20 minutes.

Remove "meatballs" from oven and while cooling, warm up soup in saucepan, and when gently bubbling, add "meatballs" and heat through for at least 10-15 minutes. Serve on spaghetti or zoodles with garlic bread.

