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LARISSA TABORYSKI

MEATLESS MUSHROOMS MEATBALLS

Ingredients:

- 1 - tablespoon olive or vegetable oil
- 1 - lb white mushrooms, finely chopped
- ¼ - teaspoon salt
- 1 - tablespoon butter
- 1 - small yellow onion, minced
- 4 - cloves garlic, minced
- ¼ - cup grated Parmesan cheese
- ¾ - cup fine breadcrumbs
- ¼ - cup chopped Italian parsley
- 2 - large eggs
- 1 - teaspoon salt
- Ground pepper to taste
- 1/8 - teaspoon cayenne pepper
- ½ - teaspoon dried oregano
- ½ - teaspoon dried thyme

The ingredients and the method are the same for regular meatballs but you certainly won't miss the meat in these flavorful mushroom meatballs. Easy to prepare and quick to cook.

Preparation:

Heat the oil in a large skillet or saute pan over moderate heat. Add the mushrooms, sprinkle with the salt and cook, stirring occasionally until the liquid has evaporated, about 10 - 15 minutes.

Add the butter to the pan and stir in the onions and cook for another 5 minutes to soften before stirring in the garlic. Remove from the heat and stir in the Parmesan cheese.

Add the remaining ingredients and using a large ice-cream scoop or a couple of tablespoons form into meatball sized patties and place onto a parchment lined rimmed baking sheet.

Preheat the oven to Convection Bake or Convection Roast 425 degrees and bake for 15 minutes until browned.

Serves 4

CONVECTION BAKE OR CONVECTION ROAST



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