

Millet Meatballs

- 2 c. cooked millet
- 1/2 c. bread crumbs
- ¼ c. pecans, chopped
- 3 ½ T. natural soy sauce (Class #1)
- 3 T. oat flour
- 1 t. onion powder
- 1 t. sage
- ½ t. celery seed
- ½ t. salt
- ¼ t. thyme
- Mashed veggies from vegetable broth

Directions

1. Mix all ingredients well. Form into balls and fry in small amount of olive oil or bake at 350° for 30 minutes.

How To Cook Millet (available in Winco bulk)

1. Rinse 1/2 c. millet in fine strainer and put in kettle with 1 1/2 c. water. Bring to a boil, lower heat, cover and simmer until water is absorbed, about 30 minutes.

How To Make Vegetable Broth

1. Place 1 potato, ½ carrot, ¼ onion, 1 garlic clove and 1 bay leaf in 4 c. water. Bring to a boil, lower heat and simmer for an hour. Stir in 1 T. nutritional yeast. Strain out veggies and mash for meatballs. Save broth for other uses, like making **Veggie Mac and Cheese** or **Gravy!**

Did You Know? *Thekitchn.com*

Millet is an ancient seed, originally hailing from Africa and northern China, and it remains a staple in the diets of about a third of the world's population. Rich in iron, B vitamins and calcium, millet has a mild corn flavor and is naturally gluten-free. Sure, on first glance you might be tempted to think that raw millet looks like birdseed. But these little yellow beads have a really lovely and light texture when cooked, are relatively quick-cooking because of their small size, and are incredibly versatile in dishes ranging all the way from breakfast to dinner.