

Chef John's Meatless Meatballs



Rated: ★★★★★

Submitted By: Chef John

Photo By: Saemma

Prep Time: 30 Minutes

Cook Time: 1 Hour

Ready In: 5 Hours 30 Minutes

Servings: 4

"Make vegetarian meatballs with browned mushrooms instead of meat and you'll be amazed by their hearty taste and perfect texture. Approved for use on spaghetti!"

INGREDIENTS:

1 tablespoon olive oil	packed
1 pound fresh white mushrooms, finely chopped	2 eggs, divided
1 pinch salt	1 teaspoon salt
1 tablespoon butter	freshly ground black pepper to taste
1/2 cup finely chopped onion	1 pinch cayenne pepper, or to taste
4 cloves garlic, minced	1 pinch dried oregano
1/2 cup quick-cooking oats	3 cups pasta sauce
1 ounce very finely shredded Parmigiano-Reggiano cheese	1 tablespoon very finely shredded Parmigiano-Reggiano cheese, or to taste
1/2 cup bread crumbs	1 tablespoon chopped flat-leaf (Italian) parsley, or to taste
1/4 cup chopped flat-leaf (Italian) parsley,	

DIRECTIONS:

1. Heat olive oil in a skillet over medium-high heat. Add mushrooms to the hot oil, sprinkle with salt, and cook and stir until liquid from mushrooms has evaporated. Stir butter into mushrooms, reduce heat to medium, and cook and stir mushrooms until golden brown, about 5 minutes.
2. Stir onion into mushrooms and cook, stirring often, until onion is translucent, 5 minutes. Remove skillet from heat and stir garlic into mushroom mixture until fragrant, about 1 minute. Transfer mixture to a mixing bowl.
3. Mix oats into mushroom mixture until thoroughly combined. Gently stir 1 ounce Parmigiano-Reggiano cheese into mixture. Add bread crumbs, 1/4 cup parsley, and 1 egg; season with salt, black pepper, cayenne pepper, and oregano. Mix together with a fork until crumbly. Stir in remaining 1 egg. Mixture should hold together when pressed.
4. Cover bowl with plastic wrap and refrigerate at least 4 hours. For best flavor and texture, refrigerate overnight.
5. Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with a silicone baking mat or parchment paper.

6. Form mixture into small meatballs using a 2-tablespoon scoop. Roll meatballs lightly between your hands until smooth, if desired; arrange meatballs on prepared baking sheet.
7. Bake in the preheated oven until meatballs are lightly golden brown, 12 to 15 minutes.
8. Bring pasta sauce to a boil in a large saucepan; reduce heat to low. Gently stir meatballs into sauce until coated. Simmer meatballs in sauce until cooked through, 45 minutes to 1 hour. Transfer to a serving bowl and garnish with 1 tablespoon Parmigiano-Reggiano cheese and 1 tablespoon parsley.