

Air Fry: 375°F for 12-15 mins.

Pan-fry: Lightly oil a pan, cook on medium heat until golden and crispy on all sides.


Serve with pasta, in wraps, or as appetizers with dipping sauce!





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I need y'all help because these babies already taste amazing! How should I cook them if I don't eat them "raw." I have cast iron and stainless steel skillets. Just know, I am not going to be a happy camper if they stick after all this work (and yes that includes the black eyed peas and bread crumbs from scratch). And no (LOL)  I do not have an air fryer and all that jazzy stuff. I love gadgets but I'm old school in the kitchen. I guess I have more than thyme/time.

Vegan Veggie Balls Recipe

Ingredients:

1 cup cooked black-eyed peas (or any beans/lentils)

½ cup finely chopped red onion

½ cup chopped mushrooms

½ cup chopped spring onions (green onions)

½ cup mixed chopped bell peppers

1 tsp garlic powder

1 tsp smoked paprika

1 tsp cumin

½ tsp black pepper

Salt to taste

2 tbsp soy sauce or tamari

½ cup oats (blended into flour)

2 tbsp ground flaxseed + 5 tbsp water (flax egg)

¼ cup breadcrumbs (optional, for extra firmness)

Instructions:

Prepare flax egg:

Mix ground flaxseed with water in a bowl and let it sit for 10 minutes.

Mash the beans:

In a large bowl, mash the cooked black-eyed peas until mostly smooth but still a bit chunky.

Mix the ingredients:

Add all the chopped vegetables, spices, flax egg, oat flour, soy sauce, and breadcrumbs. Mix until combined. Adjust seasoning as needed.

Shape into balls:

Using your hands, form small round balls (like in the image).

Cooking options:

Bake: Place on a lined tray, bake at 375°F (190°C) for 20–25 mins, flipping halfway.

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