

MOCK MEAT BALLS

INGREDIENTS

Mock meat balls

12 oz firm or extra-firm tofu, drained

¼ cup panko breadcrumbs

¼ cup onion, chopped

3 eggs

2 garlic cloves

**3 tablespoons fresh basil
(or 2 teaspoons Italian seasoning)**

2 teaspoons low-sodium soy sauce

2 teaspoons balsamic vinegar

1 teaspoon garlic powder

Black pepper to taste

2 tablespoons olive oil

Veggie mix for the sauce

1 ½ cups red bell peppers, chopped

1 cup onion, chopped

½ cup celery, chopped

½ cup carrot, chopped

3 garlic cloves

2 tablespoons olive oil

Sauce

1 cup unsalted chicken stock

2 tablespoons ketchup

1 tablespoon balsamic vinegar

1 tablespoon white sugar

1 teaspoon garlic powder

½ teaspoon ground paprika

¼ teaspoon chili pepper flakes (optional)

Pasta

2 cups white pasta, uncooked

PREPARATION

- 1** Preheat oven to 400°F. Place oven rack in middle of oven. Line a baking sheet with parchment paper.
- 2** Remove excess liquid from the tofu by placing the tofu block between paper towels and applying some pressure with your hands. Place chunks of the tofu into the food processor and chop until the texture resembles minced meat.
- 3** *Prepare mock meat balls:* Add all ingredients, except the olive oil, to the food processor. Chop until the mixture becomes a paste.
- 4** Form small balls by using 1 tablespoon of mixture per ball (around 42 balls total). Place the balls on the lined baking sheet. Brush the mock meat balls with 2 tablespoons oil.
- 5** Bake the mock meat balls for 20 minutes or until crispy outside and soft inside.
- 6** *Prepare the veggie mix for the sauce:* add all ingredients except the olive oil to the food processor. Chop until the desired consistency is reached (with chunks or smooth: it is your choice!).
- 7** Heat oil in a non-stick frying pan over medium-high heat and fry the vegetable mixture for about 10 minutes.
- 8** *Prepare sauce:* in a bowl, combine the chicken stock, ketchup, and other sauce ingredients.
- 9** Combine sauce (step 8) and vegetables (step 7) and reduce heat to medium. Cover and simmer for another 15–20 minutes.
- 10** *Cook the pasta* according to package instructions.
- 11** Serve the mock meat balls with the sauce over pasta and enjoy!



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Nutrient Analysis

PER SERVING	
7 balls with sauce and pasta	
Renal/Diabetic Exchanges:	
1 Meat + 2 ½ Starch	
+ 1 Lower-Potassium Vegetable	
+ 2 Fat	
Calories	358 Kcal
Protein	14 g
Total Carbohydrate	45 g
Fiber	3 g
Sugars	8 g
Fat	14 g
Saturated	2 g
Cholesterol	104 mg
Sodium	228 mg
Potassium	425 mg
Phosphorus	204 mg
Calcium	65 mg

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

PHOSPHORUS CHECK ✓

Low phosphorus pasta sauces

Different oils, milk-based creams, meat, seasonings, spices, and vegetables make pasta sauces rich in flavor, but certain ingredients can be high in phosphorus. With chronic kidney disease, limiting phosphorus is recommended. This may require changes to the recipe or a limit in portion size. Meals don't have to be lacking in flavor though. Choosing and creating tasty, low phosphorus sauces allows you to consume some of your favorites as part of a kidney-friendly diet.

When selecting a pasta meal, top noodles with a blend of simple and unprocessed ingredients to meet your nutrition goals. Sauces made with cow's milk, nonfat evaporated milk, canned cream soups, or American cheese are naturally high in phosphorus. Read the ingredient list on food labels and make note of ingredients that contain the word "phos" to determine those that contain phosphorus additives. If choosing this type of food, limiting the total portion will be necessary as the phosphorus absorption from these foods is high.

Ingredients for sauces that are lower in phosphorus include broth, oil, fresh vegetables and herbs. For many individuals with kidney disease, high-potassium tomato-based sauces need to be limited.

Depending on your preference, sauces can be pureed by combining cooked ingredients with oil or broth with use of a blender or food processor. For more texture, add diced vegetables such as sautéed peppers, onions and mushrooms. The addition of small amounts of plant-based protein such as cubed or crumbled tofu can also add protein without too much added phosphorus.

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