



DINNER

Healthy Eating with the Y



MEATBALLS WITH TOMATO SAUCE

MAKES 30 MEATBALLS, SERVES 6

INGREDIENTS

- 1 ½ lb. ground beef
- 1 large egg
- 3 tablespoons Parmesan cheese, freshly grated plus extra for garnish
- 2 cloves garlic, minced
- 1 tablespoon panko breadcrumbs (substitute plain or Italian if not available)
- 1 tablespoon oregano, freshly chopped or 1½ teaspoons dried
- Kosher salt and black pepper to taste
- 1 tablespoon olive oil
- 1 28oz can crushed tomatoes, no sugar added
- 2 tablespoons parsley, freshly chopped for garnish

TOOLS YOU'LL NEED

Measuring Spoons
Chef's Knife
Cutting Board
(2) Baking Sheets
Parchment Paper
Large Mixing bowl
Large Skillet
Large Saucepan
Small Mixing Bowl
Rubber Spatula
Whisk

- 🕒 Prep time: 15 min
- 🕒 Cook time: 45 min
- ✅ Keto Friendly
- ✅ Low Carb
- ✅ Sugar Conscious

DIRECTIONS

1. Line 2 baking sheets with parchment paper.
2. In a large mixing bowl, combine ground beef, egg, cheese, garlic, breadcrumbs, oregano, salt, and pepper.
3. Roll mixture into golf ball-size meatballs and place on parchment-lined baking sheet. (You should get about 30 meatballs.)
4. Heat olive oil in a large skillet (cast iron if you have it) over medium heat.
5. Working in batches, add meatballs to hot skillet and cook until browned, about 5 minutes on each side. Remove meatballs to a clean plate and set aside.
6. Pour crushed tomatoes into a large saucepan and bring to a simmer.
7. Add browned meatballs and simmer for 20-30 minutes till meatballs are cooked through.
8. Serve in bowls and garnish with fresh chopped parsley and some extra parmesan cheese.

***Chef's Note:** This dish is great served with pasta, over mashed cauliflower or with steamed broccoli.

Nutritional Information (per serving)

Calories: 369
Total Fat 27g
Saturated Fat: 10g
Carbs: 7g
Fiber: 2g
Sugar: 3g
Protein: 24g
Cholesterol: 115mg
Sodium: 481mg