



MILES' MIGHTY MEATBALLS

INGREDIENTS:

- 1 lb. Lean Ground Beef
(or ground turkey)
- ½ C. Onion (finely chopped)
- ¼ C. Dried Breadcrumbs
(or 3 pieces of white bread)
- 2 Garlic Cloves (minced)
- 1 Egg
- ¼ C. Parmesan Cheese
- 3 Tbsp. Ketchup
- 1 Tsp. Salt
- ¼ Tsp. Pepper
- 1 Tsp. Parsley (minced)

*Produces around 30 meatballs

DIRECTIONS:

1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray.
2. Mix together onion, breadcrumbs, garlic, egg, cheese, ketchup, salt, pepper and parsley in a large mixing bowl.
3. Once mixed, add your ground beef and gently mix until it's equally combined. Do not overwork the meat!
4. Form your meatballs and place them on the prepped cookie sheet.
5. Bake in the preheated oven for 15-20 minutes, or until the meatballs are browned and cooked through.
6. Once baked enjoy them as they are or try them with your favorite sauce and zoodles, quinoa, brown rice pasta or chickpea pasta!