

## RECIPE

# Carnivore Meatballs



Ready in **1 hours, 25 minutes**

Serves **Two hungry carnivores for a few meals**

## Tips

The three different meats have different textures and give the meatballs a lighter texture than just beef alone. You can also use any combo of seasonings or none at all other than a good salt.

## Ingredients

—Meatballs—

- 1 ½ pounds (680 grams) ground beef
- 1 pound (450 grams) ground lamb
- 1 pound (450 grams) ground chicken
- 3 ducks eggs (or 4 chicken eggs)
- 1 teaspoon celtic sea salt
- 1 cup bone broth or water

—Optional seasonings—

- 1 teaspoon of your favorite herbs: dried garlic, sage, thyme, basil, ancho pepper, cayenne, smoked paprika, etc.
- ¼ cup grated parmesan cheese

## Preparation

1. **Measure out all ingredients.**
2. In a bowl, combine the meats, eggs, salt and any seasonings you want to include.
3. **Combine & knead with your clean hands to mix all ingredients thoroughly.** Using your hands, roll the mixture into small meatballs (you can use a small cookie scoop to measure)
4. **In a frying pan,** heat tallow or other animal fat over medium heat. Add the meatballs in & saute until brown in color. You may need to do this in batches.
5. Put browned meatballs back into your pan (I use cast iron) and heat your oven to 350 F (176 C).
6. **Add 1 cup of bone broth** over top of meatballs & roast in the oven for 35 - 45 minutes until cooked through.