

QUICK AND SIMPLE MEATBALLS

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Ingredients

- 1-1/2 Pounds Ground Beef
- 3/4 Cup Oats (uncooked)
- 1/2 Cup Chopped Onion or Green Pepper
- 1/2 Cup Tomato Sauce or Ketchup
- 1 Egg
- 1/2 Teaspoon Salt (optional)
- 1/4 Teaspoon Pepper

Directions

1. Heat oven to 400°F. Combine all ingredients; mix well. Shape into 1-inch balls. Place on a rack in a shallow baking pan.
2. Bake for 18 to 20 minutes or until the meatballs are to medium doneness (160°F).

Nutrition Fun Facts

These meatballs are a good source of iron and protein. Iron is important for blood production. The added oats are a good source of soluble fiber, great for stabilizing blood sugar.