



Scallion Meatballs

Servings: 7
(35 meatballs total)
Serving size = 5 balls

Equipment:

Knife, cutting board, measuring cups, measuring spoons, large mixing bowl, mixing spoon, baking tray, scoop (optional)

Ingredients:

- 1 lb 93% lean ground beef or alternative
- 3/4 cup scallions, chopped
- 1 Tbsp ginger, minced
- 1 Tbsp garlic, minced
- 2 Tbsp cilantro, chopped
- 2 Tbsp parsley, chopped
- 1/2 cup plain bread crumbs
- 3 Tbsp low sodium soy sauce
- 1 Large egg

Preparation:

1. Preheat your oven to 375 degrees F.
2. Add all ingredients into a large mixing bowl and combine.
3. Form 1 1/2 inch meatballs using your hands, a scoop, spoons, or other gadget, and place balls on a baking sheet or in a baking dish sprayed with cooking spray.
4. Bake at 375 degrees F for 18-20 minutes, turning/rotating the meatballs halfway through the cooking process.
5. Cool slightly prior to serving. Enjoy!

***Technique Note:** Try making these using our **Veggie Beanball Base** for a tasty plant based alternative!

Try making these meatballs with our **Veggie Beanball Base***! Check out thebnblog.com for the recipe.

Nutrition Facts per serving:

Calories 175.9

Total Fat 6.7g (9%)
Saturated Fat 2.6 g (13%)
Trans Fat 0.2g
Cholesterol 83.7mg (28%)
Sodium 351.8mg (15%)
Total Carbohydrate 7.1g (3%)
Dietary Fiber 0.7g (3%)
Total Sugars 0.9g
Added Sugars 0% (0%)
Protein 20.3g
Vitamin D 0.2mcg (1%)
Calcium 35.6mg (3%)
Iron 2.7mg (15%)
Potassium 285.4mg (6%)

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