



Nutritious Habits Meatballs

Few high protein foods are more satisfying or versatile than meatballs. You can make a huge batch– this recipe makes 50 large meatballs– or cut down and make less. These freeze well.

Ingredients:

3 slices bread	1 tsp onion powder
½ cup chopped Italian parsley	1 tsp garlic powder
1 cup whole milk	2 onions
2 eggs	1 carrot
1 ½ cups shredded parmesan or gruyere	1 celery rib
2 T sea salt	6 cloves garlic
1 T black pepper	1 T avocado oil
2 tsp mustard powder	4 lbs ground meat – beef, pork, chicken, turkey – preferably a combination

Method:

- Preheat oven to 400F convection fan
- Process bread and parsley in a food processor into crumbs and combine with milk in a very large bowl. Add eggs, cheese and seasonings. Mix thoroughly and let soak while you prepare the veggies.
- Chop onions, carrot, celery and garlic in the food processor to a very fine dice. Saute in avocado oil until softened and the water evaporation slows down.
- Add cooked veggies to ground pork and beef to the bowl. Use hands to mash together until combined in a folding motion, careful not to over work.
- Use a large cookie scoop to portion onto half sheet pans lined with parchment paper.
- Roll portions briefly in wet hands to create a circular shape. They will shrink as they cook so it's o.k. if they're quite close together.
- Cook 20-22 minutes until they are browned on the surface. Without a convection fan this will take a few minutes longer.