

Low-Carb Parmesan Beef Meatballs

Ingredients

- 1 pound grass-fed ground beef
- 1 egg
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons freshly grated Parmesan cheese
- Finely chopped fresh herbs (such as parsley, basil, or thyme)
- Any dry herbs to your liking (oregano, rosemary, etc.)

Instructions

1. In a large bowl, combine all ingredients and mix until just combined. Do not overmix.
2. Form into evenly sized meatballs.
3. Heat a lightly oiled pan over high heat.
4. Cook the meatballs, turning occasionally, until browned on all sides and cooked through.
5. Drain meatballs of excess fat on a paper towel-lined plate.
6. Serve warm with your favorite sides or dipping sauce.