

#Lets COOK 30

EVERYDAY MEATBALLS

These meatballs are versatile and go well with pasta, grains or stuffed in a crusty bun for a meatball sub. Easy to make, they also freeze very well for those days you need a lunch or dinner super quick!

Servings: 22-24 small meatballs

Ready in about: 40 minutes

1 lb	ground beef
2/3 cup	fresh bread crumbs (or 1/2 cup panko)
1/3 cup	water
2 tbsp	finely grated Parmesan or Romano cheese (optional)
2 tsp	coarse or kosher salt, divided
pinches	red pepper flakes and/or black pepper
1/2 tsp	onion powder
2 large	eggs
2 medium cloves	garlic, minced, divided
2 tbsp	vegetable oil
2 – 28 oz cans	whole, diced or crushed tomatoes

Nutrition Tips

To help reduce the salt and saturated fat in this recipe we used:

- No salt added tomatoes
- Lean ground beef

INSTRUCTIONS:

1. Place beef, bread crumbs, water, cheese (if using), 1 teaspoon of salt, pepper, onion powder, eggs and half of your minced garlic in a large bowl. Mix all of this together with a fork.
2. Form mixture into 1 ½ to 2 inch meatballs and arrange on a plate. They keep their shape best if you let them sit in the fridge for about 30 minutes.
3. In a large pot, heat 2 tablespoons olive oil over medium heat. Add remaining garlic and some pepper flakes and let sizzle until garlic is golden, 30 seconds to 1 minute. Add tomatoes and season with remaining salt. Let mixture simmer over low heat for about 10 minutes (or until your meatballs are finished chilling). Stir occasionally.
4. With stove on a low setting to maintain a gentle simmer, add meatballs to sauce one by one, and cover with a lid. Don't touch or move them for at least 20 minutes so that they keep their shape. Gently stir and cook for an additional 5 minutes.
5. Serve over whole grain pasta, rice, barley or on a crusty whole grain bun.

Adapted from: Smitten Kitchen <https://smittenkitchen.com/2016/02/everyday-meatballs/>. Accessed 2019

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