Italian Meatballs (Gluten Free)

entrees

source breatheinhungry.com

INGREDIENTS

For the meatballs:

1.5 lb's ground beef (80/20)
2 T. fresh parsley, chopped
3/4 cup grated parmesan cheese
1/2 cup almond flour
2 eggs
1 tsp kosher salt
1/4 tsp ground black pepper
1/4 tsp garlic powder
1 tsp dried onion flakes
1/4 tsp dried oregano
1/2 C. cream or 1/2 & 1/2

DIRECTIONS

Combine all of the meatball ingredients in a large bowl and mix well.

Form into fifteen 2” meatballs.

Bake at 350 degrees (F) for 20 minutes OR fry in a large skillet over medium heat until cooked through. Pro-tip – try frying in bacon grease if you have any – it adds another level of flavor. Frying produces the golden brown color shown in the photos above.