



Italian Meatballs (Gluten Free)

entrees

source Ibreatheimhungry.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.