

JENNI MARIE'S TEST KITCHEN

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Meatballs - Two Ways

Makes 24-26 meatballs

Equipment Needed:

- Large Mixing Bowl
- Food Safe Vinyl or Latex Gloves (optional for mixing)
- Measuring Cups & Spoons
- Small Food Processor or Zipper Bag & Rolling Pin (to crush crackers)
- Large Non-stick Skillet
- Foil Lined Baking Sheet
- Kitchen Scale
- 1 oz. Ice Cream Scoop (optional)

HOMESTYLE - Directions:

1). Gather equipment & ingredients. Place all ingredients into a large mixing bowl and mix using clean or gloved hands. When everything is well combined, cover & refrigerate mixture for 15-20 minutes. If mixture seems too wet to form into balls, you can add more crushed crackers (or pork rinds) one tablespoon at a time until you reach desired consistency. It shouldn't take much more than the recipe calls for.

- **1 lb. Lean Ground Beef** (sub with ground pork, turkey, or chicken if desired)
- **1 Large Egg, Beaten**
- **4 t. Worcestershire Sauce**
- **1/4 t. Low FODMAP Onion Replacer** (or 1/4 t. onion powder if not cooking Low FODMAP)
- **1 T. Beef Broth Base or Beef Bouillon** (I use Orrington Farms)
- **1/2 C. (70g.) Shredded Sharp Cheddar**
- **1/2 C. (48g.) Crushed Ritz Crackers** (sub w/ 1/2 C. crushed pork rinds for GF or Keto)
- **2 t. Low FODMAP Garlic Replacer** (or 1/2 t. garlic powder if not cooking Low FODMAP)
- **1/4 t. Black Pepper**

2). Preheat oven to 350°F and line a small baking sheet with aluminum foil, shiny side down. Using a kitchen scale and 1 oz. ice cream scoop (or your hands), portion meat mixture into 24-26 balls, each weighing about 1 oz. Heat a large non-stick skillet over medium high heat. Once pan is hot, add a drizzle of cooking oil, and then place meatballs in the hot pan and cook for about 2 minutes, or until nicely browned. Flip each meatball over and brown the other side for 1-2 more minutes, or until nicely browned on the other side. Transfer meatballs to the lined baking sheet, and place in the oven for 6-8 minutes or until cooked through. Enjoy!

ITALIAN STYLE INGREDIENTS: Follow same directions noted above in steps 1 & 2.

- **1 lb. Lean Ground Beef** (sub with ground pork, turkey, or chicken if desired)
- **1 Large Egg, Beaten**
- **4 t. Worcestershire Sauce**
- **1/4 t. Low FODMAP Onion Replacer** (or 1/4 t. onion powder if not cooking Low FODMAP)
- **1 T. Beef Broth Base or Beef Bouillon** (I use Orrington Farms)
- **1/2 C. (48g.) Grated Parmesan Cheese**
- **1/2 C. (48g.) Crushed Saltine Crackers** (sub 1/2 C. crushed pork rinds for GF or Keto)
- **2 t. Low FODMAP Garlic Replacer** (or 1/2 t. garlic powder if not cooking Low FODMAP)
- **1/2 t. Italian Seasoning**
- **1/4 t. Black Pepper**

*Serve over spaghetti, make a meatball sub, make Swedish gravy, or turn them into cocktail or BBQ meatballs.

