



Meal Prep Meatballs

Yield: 5 servings (4 meatballs per serving)

Source: www.therealfoodrds.com

Ingredients:

- 2 teaspoons olive oil
- 1/4 cup diced onion
- 1/4 cup shredded carrots
- 1/4 cup diced bell peppers
- 1/2 cup fresh spinach
- 1 lb 9³/₇ ground beef
- 2 tablespoons flour
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste

Directions:

1. Preheat oven to 375°F. Line baking sheet with parchment paper.
2. In a medium pan over medium heat, add oil, onion, carrots, peppers and spinach. Cook 3-4 minutes or until vegetables are soft and spinach is wilted.
3. In a medium bowl combine ground beef, cooked vegetables, flour, garlic powder, Italian seasoning and salt and pepper. Mix well.
4. Form mixture into 18-20 meatballs and place on parchment paper. Bake for 12-15 minutes or until internal temperature is 155°F

Nutrition information:

Serving size: 4 meatballs

Calories: 193

Fat: 9g

Sodium: 81mg

Carbohydrates: 3g

Fiber: 1g

Protein: 24g