

# BEYOND HUNGER

## MEATBALLS MANY WAYS

---

*This easy meatball recipe serves as a base recipe and gives you the option to customize for further flavor. Whether you like your meatballs in spaghetti sauce, Swedish style, or on a sub, there is an option for everyone!*

**Yield:** 8 servings

### Ingredients:

- 1 lb. **lean ground beef**
- 1 lb. **lean ground turkey**
- 2 Tbsp **vegetable oil**
- ½ tsp **salt**
- 2 **eggs**, beaten
- ¼ c **onion**, finely chopped
- 1 c **breadcrumbs** or finely crushed saltine crackers\*  
\*You may exchange the breadcrumbs or saltines for ¾ cup oatmeal soaked in milk for 10 minutes, for a healthier alternative

### Instructions:

1. Preheat the oven to 400°F. Line a cookie sheet or (2) 9 x 13 pans with foil. Lightly spray foil with cooking spray.
2. Place all ingredients in a large bowl. Using hands or large spoon, combine ingredients thoroughly.
3. Shape mixture into 1 ½" round meatballs.
4. Place meatballs on cookie sheet approximately 1" apart.
5. Bake uncovered for 18 – 22 minutes or until the middle is no longer pink.

### Serving Ideas:

1. **Meatballs and Spaghetti Sauce:** Combine meatballs with a jar of spaghetti sauce and heat in a large pan over medium heat until bubbly.
2. **Swedish Meatballs:** Place meatballs in a greased casserole dish. In a medium bowl, combine 1 – 2 cans of cream of mushroom soup (low sodium preferred) and ½ cup water. Mix until well combined. Bake at 350°F for 35 – 40 minutes. Serve over brown rice.
3. **BBQ Glazed Meatballs:** In a large, prepared oven-safe dish, add meatballs. In a small bowl, combine 1 c BBQ, ½ c of favorite jam or jelly, and ½ c water. Pour mixture over meatballs and bake at 350°F for 30 minutes or until heated throughout.
4. **Thai Style with Peanut Sauce:** Combine meatballs with a jar of Thai peanut sauce and heat in a large pan over medium heat until bubbly. Serve with brown rice and steamed vegetables for a complete Thai meal.
5. **Pizza Sliders:** Combine meatballs and 1 – 10 oz jar of pizza sauce. Heat in microwave until hot. Slice soft rolls or slider buns in half. Place heated meatballs on cut side. Top with mozzarella cheese and favorite pizza toppings such as, mushrooms, olives, peppers, onions, etc. Top slider with the other half of roll and serve.

**Per Serving:** Calories 209, Carbohydrates, 4.8g, Protein 25.2g, Saturated Fat 3.6g, Sodium 285.7 mg, Fiber 0.3g, Sugars 0.3g

\*Nutrition profile is based on base recipe only. Style of serving may add an additional 100 – 300 calories

This recipe was adapted from [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)