



Anytime Meatballs

PREP TIME

20 min

TOTAL TIME

40 min

Nutrition Information Per Serving

Makes 10 servings

FAT

43g

PROTEIN

32g

CARBS

2g

CALORIES

524

Note: nutrition information will vary based on leanness of ground beef and sausage links.

Ingredients

½ lb shredded cheddar cheese

3 large eggs

32 oz sausage links (casings removed) or ground sausage

2 Tbsp chopped onions

1 lb ground beef

Instructions

1. Preheat oven to 375 degrees.

2. Combine all ingredients in a bowl.
3. Shape into 30, 1½ oz meatballs using your hands or a cookie scoop.
4. Place meatballs on foil or parchment-lined baking sheet.
5. Bake for 20 minutes or until fully cooked.

Pro Tip

Add cilantro, jalapenos and shallots for a different flavor profile.

Adapted from <https://www.fatsecret.com/recipes/breakfast-meatballs/Default.aspx>