

VEGGIE MEATBALLS

INGREDIENTS:

- 2 pounds ground meat, poultry, or fish
- 1 cup homemade GFCF bread crumbs
- 1 cup rice milk
- 1 cup finely chopped vegetables (if you use pureed vegetables reduce milk to 1/2 cup)
- 1 large onion, minced
- 1 large egg
- 1 teaspoon mixed herbs
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 teaspoon sea salt
- Olive oil, for browning the meatballs

DIRECTIONS

In a large bowl soak GFCF break crumbs in milk 10 minutes. (If using pureed vegetables add to the milk and bread crumbs at this time.) Add ground meat, onion, scrambled egg, herbs, paprika, pepper and salt to bread crumb mixture and blend lightly together. Add chopped vegetables and mix until well blended, but do not over mix. Form mixture into balls.

In a large heavy skillet heat olive oil over moderately high heat and brown meatballs in batches without crowding, shaking skillet to maintain round shape or place meatballs on large bar pan that has been coated with olive oil and bake at 350 until no longer pink in the middle.

VEGETABLES YOU CAN USE:

PUMPKIN
BROCCOLI
SPINACH
CARROTS
BEETS

