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Italian Melt-In-Your-Mouth Meatballs

Prep Time: 20 mins

Total Time: 50 mins

Yield: 1.5 pounds



Ingredients

1 1/2 lbs. ground beef

1 large egg, slightly beaten

1/2 cup grated parmesan cheese

1/3 cup breadcrumbs

1 -2 tablespoon fresh minced garlic

1 -2 teaspoon salt

1 teaspoon fresh ground black pepper

1/3 cup milk

1/2 teaspoon dried oregano

1/4 cup chopped fresh parsley

Directions

- 1. Combine ingredients wholly in a large mixing bowl.*
- 2. Knead and shape into regular sized meatballs.*
- 3. Place meatballs in a Ziploc and chill for at least 24 hours or until needed.*
- 4. Once ready simply drop meatballs in the boiling sauce. Don't stir for about 20 minutes to avoid the meatballs from shattering.*
- 5. Cook further for additional 20 minutes or until done.*

NUTRITION FACTS

Serving Size: 1 (928 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 1312.5

Calories from Fat 757

57%

Amount Per Serving

% Daily Value

Total Fat 84.1g

129%

Saturated Fat 34.9g

174%

Cholesterol 469.3mg

156%

Sugars 2.0 g

Sodium 2615.6mg

108%

Total Carbohydrate 25.0g

8%

Dietary Fiber 2.0g

8%

Sugars 2.0 g

8%

Protein 107.1g

214%

Variations:

- *Use one pound ground beef and half pound ground sausage. Place a small cube of mozzarella into the center of each meatball and bake them at 350 degrees until cooked through.*
- *Double the recipe using 2 ½ pounds hamburger, ½ pound Italian sausage, also used fresh minced garlic, fresh oregano chopped and shredded asiago cheese.*

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Authentic Italian Meatballs

Prep Time: 20 mins

Total Time: 3 hrs 20 mins

Servings: 10



Ingredients

1 lb. ground beef

1 egg

1/4 cup milk

1/2 cup breadcrumbs

1/2 teaspoon salt

1 teaspoon oregano

1 tablespoon fresh parsley

1/2 teaspoon garlic powder

1/2 teaspoon fresh ground pepper

1/4 cup grated parmesan cheese

Directions

- 1. Combine ingredients altogether in a mixing bowl and knead.*
- 2. Shape into golf ball sized meatballs.*
- 3. Place shaped meatballs into a stockpot with sauce.*
- 4. Boil for at least 3 hours or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (65 g)

Servings Per Recipe: 10

Amount Per Serving

Calories 141.7

Calories from Fat 76

% Daily Value

54%

Amount Per Serving

% Daily Value

Total Fat 8.5g

13%

Saturated Fat 3.4g

17%

Cholesterol 52.5mg

17%

Sugars 0.3 g

Sodium 234.3mg

9%

Total Carbohydrate 4.5g

1%

Dietary Fiber 0.3g

1%

Sugars 0.3 g

1%

Protein 10.9g

21%

Variations:

- *Replace milk with sour cream and use Italian style bread crumbs.*
- *Use combination of ground beef and ground pork, use Italian seasoning instead of oregano and parsley.*

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Famous Meat-A-Balls (Italian Meatballs)

Prep Time: 10 mins

Total Time: 30 mins

Yield: 36 meatballs



Ingredients

2 lbs. lean ground beef

8 -10 slices white bread, broken into small 1/2 inch pieces

2 eggs, slightly beaten

1/2 teaspoon garlic powder

1 teaspoon Italian seasoning

2 teaspoons parsley flakes

1/4-1/2 cup grated parmesan cheese

1 -2 teaspoon salt

1/4-1/2 teaspoon black pepper

Olive oil

Directions

- 1. Combine ingredients all together in a large mixing bowl and knead until well blended.*
- 2. Shape into regular sized meatballs.*
- 3. Heat olive oil in a skillet, and fry meatballs once oil is hot until meatballs are brownish in color.*
- 4. Transfer meatballs into a large stock pot with your desired sauce and cook further until fully cooked.*

NUTRITION FACTS

Serving Size: 1 (1242 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
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Calories 66.3

Calories from Fat 28	42%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 3.1g	4%
----------------	----

Saturated Fat 1.2g	6%
--------------------	----

Cholesterol 27.3mg	9%
--------------------	----

Sugars 0.2 g	
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Sodium 124.3mg	5%
----------------	----

Total Carbohydrate 2.9g	0%
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Dietary Fiber 0.1g	0%
--------------------	----

Sugars 0.2 g	1%
--------------	----

Protein 6.1g	12%
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Variations:

- Use doubled amount of garlic and use panko instead of bread crumbs. Bake meatballs instead of frying.
- Use 1 pound ground beef, 1 pound ground pork. Add ¼ cup grated parmesan. Use plain bread crumbs and scoop with cookie scooper, broil in the boiler for 25 minutes.

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Turkey Meatballs

Prep Time: 15 mins

Total Time: 21 mins

Serves: 6, Yield: 30 meatballs



Ingredients

- 1 lb. lean ground turkey*
- 3 garlic cloves, minced*
- 1/4 cup onion, finely chopped*
- 1/4 cup parsley, chopped*
- 1/2 teaspoon salt*
- 1/2 teaspoon pepper*
- 1/2 teaspoon oregano*
- 1 egg, beaten*
- 1/2 cup dry breadcrumbs*

Directions

- 1. Combine all ingredients in a mixing bowl and knead.*
- 2. Form into regular sized meatballs, approximately 30 pieces.*
- 3. Heat a skillet and spray with non-stick cooking spray.*
- 4. Fry meatballs for at least 5-6 minutes on each side or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (104 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 165.7

Calories from Fat 63

38%

Amount Per Serving

% Daily Value

Total Fat 7.1g

10%

Saturated Fat 1.9g

9%

Cholesterol 83.1mg

27%

Sugars 0.9 g

Sodium 317.3mg

13%

Total Carbohydrate 7.9g

2%

Dietary Fiber 0.6g

2%

Sugars 0.9 g

3%

Protein 17.3g

34%

Variations:

- *Use Italian breadcrumbs with oregano and parsley. Bake instead of frying at 350 degrees for about 10-15 minutes.*
- *Add up little basil pesto to the meatball mixture and use panko instead of breadcrumbs, also add a little crushed red pepper to spice it up.*

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Appetizer Grape Jelly and Chili Sauce Meatballs or Lil Smokies

Prep Time: 10 mins

Total Time: 55 mins

Yield: 50 meatballs



Ingredients

3 -5 lbs. frozen cooked small meatballs

1 (32 ounce) jars grape jelly

2 (12 ounce) jars chili sauce

1 pinch cayenne pepper

Directions

- 1. Incorporate the jelly and chili sauce in a saucepan and then add up the meatballs. Boil for approximately 45 minutes without a cover.*
- 2. For the parmesan meatball recipe: combine 2 ½ pounds ground beef or the combination of half pork and half beef with parmesan cheese, breadcrumbs and seasonings and form into meatballs. Arrange into the cookie sheets and bake at 350 degrees until cooked through.*
- 3. Add to the sauce.*

NUTRITION FACTS

Serving Size: 1 (1576 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
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Calories 61.8

Calories from Fat 0	82%
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Amount Per Serving	% Daily Value
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Total Fat 0.0g	0%
----------------	----

Saturated Fat 0.0g	0%
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Cholesterol 0.0mg	0%
-------------------	----

Sugars 10.6 g	
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Sodium 187.4mg	7%
----------------	----

Total Carbohydrate 15.2g	5%
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Dietary Fiber 0.9g	3%
--------------------	----

Sugars 10.6 g	42%
---------------	-----

Protein 0.3g	0%
--------------	----

Variations:

- Use 3 pound bag of meatballs and halve the jelly and chili sauce.
- Add up BBQ sauce to the jelly and chili mixture.

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Sweet and Sour Meatballs

Prep Time: 30 mins

Total Time: 2 hrs 30 mins

Servings: 4



Ingredients

For the meatballs

1 lb. ground beef

Worcestershire sauce, to taste

3 tablespoons breadcrumbs

Oregano, to taste

1 egg, slightly beaten

Salt and pepper, to taste

1 clove garlic, minced

2 tablespoons vegetable oil

For the sauce

1 tablespoon vegetable oil

1/2 cup onion, chopped

3/4 cup brown sugar, packed

2 tablespoons vinegar

1 teaspoon lemon juice

1 cup ketchup

2 tablespoons soya sauce

Directions

1. *Prepare the meatballs: combine ingredients together in a mixing bowl and shape into regular sized meatballs. Fry in the skillet with oil until cooked through and then drain excess oil using paper towels. Reserve.*
2. *Prepare sauce: using a saucepan sauté onion in butter until translucent. Add in the rest of ingredients and boil for at least 20 minutes. Add up reserved meatballs and cook further for 1 hour.*
3. *Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (286 g)		Total Fat 29.1g	44%
Servings Per Recipe: 4		Saturated Fat 8.5g	42%
Amount Per Serving	% Daily Value	Cholesterol 123.6mg	41%
Calories 625.0		Sugars 55.4 g	
Calories from Fat 262	42%	Sodium 1354.3mg	56%
		Total Carbohydrate 66.0g	22%
		Dietary Fiber 1.0g	4%
		Sugars 55.4 g	221%
		Protein 26.3g	52%

Variations:

- *Use ½ cup of ketchup and add up some additional apple cider vinegar in the sauce.*
- *Triple the meatball recipe using 2 lb. ground beef and 1 lb. ground pork. Bake the meatballs at 400 degrees for 20 minutes and double the amount of the sauce ingredients.*

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Basic Meatballs

Prep Time: 15 mins

Total Time: 35 mins

Serves: 6, Yield: 26-30 meatballs



Ingredients

1 lb. ground beef

1 large egg

1/4 cup onion, finely chopped

1/3 cup Italian seasoned breadcrumbs or 1/3 cup old fashioned oats

1/4 cup milk

1 teaspoon Worcestershire sauce

Salt, to taste

Fresh ground black pepper, to taste

Directions

- 1. Combine the ground beef with the egg, breadcrumbs, onion, Worcestershire sauce, milk, fresh ground pepper and salt in a bowl.*
- 2. Knead and form into regular sized meatballs and then bake in the oven for 20-25 minutes or until cooked through over 400 degrees,.*
- 3. Add up to your desired sauce or store for later use.*

NUTRITION FACTS

Serving Size: 1 (108 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 209.8

Calories from Fat 115

55%

Amount Per Serving

% Daily Value

Total Fat 12.8g

19%

Saturated Fat 5.0g

25%

Cholesterol 83.9mg

27%

Sugars 0.7 g

Sodium 193.3mg

8%

Total Carbohydrate 5.9g

1%

Dietary Fiber 0.4g

1%

Sugars 0.7 g

3%

Protein 16.4g

32%

Variations:

- Use lean ground beef; add up garlic, chopped bell pepper and some chopped oregano.
- Triple the quantity of Worcestershire sauce and add in a little amount of horseradish.

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Swedish Turkey Meatballs

Prep Time: 15 mins

Total Time: 45 mins

Servings: 6



Ingredients

2 lbs. ground turkey

1 egg

3/4 cup breadcrumbs

1 teaspoon salt

1/2 cup milk

2 teaspoons lemon pepper seasoning

1 teaspoon paprika

1/2 teaspoon nutmeg

2 tablespoons chopped parsley

1 tablespoon onion flakes

2 cans chicken broth

2 -3 cups homemade white sauce

Hot cooked egg noodles

Directions

1. Incorporate the ten initial ingredients in a bowl and knead. Form into regular sized meatballs.
2. Using a non-stick skillet or Dutch oven, fry meatballs in 1 tbsp. butter until all sides are browned up maintaining the shape.
3. Add in chicken stock and boil for about 15 minutes. Add up white sauce.
4. Cook until meatball is fully cooked.

NUTRITION FACTS

Serving Size: 1 (478 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 461.8

Calories from Fat 215

46%

Amount Per Serving

% Daily Value

Total Fat 23.9g

36%

Saturated Fat 6.7g

33%

Cholesterol 144.1mg

48%

Sugars 5.5 g

Sodium 1497.0mg

62%

Total Carbohydrate 20.1g

6%

Dietary Fiber 1.0g

4%

Sugars 5.5 g

22%

Protein 40.6g

81%

Variations:

- *Use fresh breadcrumbs with a little garlic and herbs. Also use freshly chopped onions and whipping cream for your milk.*
- *Use ½ tsp. dried thyme, black pepper and tarragon instead of lemon pepper seasoning. Use 1 can condensed cream of mushroom soup and one serving of Di Neal's condensed cream of soup mix.*

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Quick & Easy Teriyaki Meatballs

Prep Time: 10 mins

Total Time: 35 mins

Servings: 6-8



Ingredients

1 lb. ground beef

1/4 cup teriyaki sauce

2 green onions, chopped

1/2 teaspoon grated gingerroot

Garlic salt

Directions

- 1. Heat up your oven at 350 degrees F.*
- 2. Combine all the ingredients in a mixing bowl and knead.*
- 3. Shape into regular sized meatballs and arrange into baking sheets.*
- 4. Bake it the preheated oven for about 20-30 minutes.*

NUTRITION FACTS

Serving Size: 1 (69 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 174.8

Calories from Fat 102

58%

Amount Per Serving

% Daily Value

Total Fat 11.3g

17%

Saturated Fat 4.4g

22%

Cholesterol 51.4mg

17%

Sugars 1.8 g

Sodium 510.6mg

21%

Total Carbohydrate 2.2g

0%

Dietary Fiber 0.1g

0%

Sugars 1.8 g

7%

Protein 14.8g

29%

Variations:

- *Omit ginger and cut down ingredients into single serving. Also add up more seasoning.*
- *Use turkey for the meat instead of beef.*

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Baked Italian Meatballs

Prep Time: 15 mins

Total Time: 35 mins

Serves: 6, Yield: 30 meatballs



Ingredients

- 1 1/2 lbs. lean ground beef*
- 1/4 cup parmesan cheese, shredded*
- 1/2 cup Italian seasoned breadcrumbs*
- 1/3 cup fresh parsley, chopped*
- 1/4 cup unseasoned tomato sauce*
- 1 teaspoon mustard powder*
- 3/4 teaspoon dried Italian seasoning*
- 1/4 teaspoon low sodium salt, to taste*
- 1/4 teaspoon crushed red pepper flakes, to taste*
- 2 cloves garlic, minced*

Directions

- 1. Heat up your oven to 400 degrees.*
- 2. Lightly spray a roasting pan with non-stick cooking spray and set aside,*
- 3. Mix meatball ingredients together in a large bowl and knead.*
- 4. Shape into meatballs or scoop with cookie scooper.*
- 5. Arrange into the greased pan and bake in the oven for at least 15-20 minutes or until fully cooked.*
- 6. Add up meatballs to desired sauce and serve with some pasta or rice.*

NUTRITION FACTS

Serving Size: 1 (142 g)

Servings Per Recipe: 6

Amount Per Serving	% Daily Value
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Calories 262.7

Calories from Fat 119	45%
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Amount Per Serving	% Daily Value
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Total Fat 13.2g	20%
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Saturated Fat 5.4g	27%
--------------------	-----

Cholesterol 77.4mg	25%
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Sugars 1.1 g	
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Sodium 370.0mg	15%
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Total Carbohydrate 8.2g	2%
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Dietary Fiber 0.8g	3%
--------------------	----

Sugars 1.1 g	4%
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Protein 26.0g	52%
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Variations:

- Use half turkey, and half Italian sausage for the meat. Also add up red pepper flakes and add fresh basil and oregano instead of premixed seasoning. Add up more garlic.
- Use half deer burger and half beef for the meat, add up some onions and omit salt seasoning and mustard.

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Appetizer Meatballs

Prep Time: 20 mins

Total Time: 30 mins

Servings: 4



Ingredients

1 lb. ground beef

1/2 cup soft breadcrumbs

1 egg

1 tablespoon Italian seasoning

1 teaspoon garlic salt

Directions

- 1. Incorporate beef with the rest of ingredients in a bowl and knead.*
- 2. Form into regular sized meatballs and fry in the skillet until cooked through*
- 3. Add to your desired sauce and enjoy!*

NUTRITION FACTS

Serving Size: 1 (132 g)
Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 279.2	
Calories from Fat 165	59%

Amount Per Serving	% Daily Value
Total Fat 18.3g	28%
Saturated Fat 7.0g	35%
Cholesterol 123.6mg	41%
Sugars 0.3 g	
Sodium 121.8mg	5%
Total Carbohydrate 3.5g	1%
Dietary Fiber 0.2g	0%
Sugars 0.3 g	1%
Protein 23.2g	46%

Variations:

- *Add up a pinch of pepper and ½ tsp. oregano. Bake in a 350 degrees oven.*
- *Add up some chopped onions and freshly minced garlic instead of garlic salt. Bake in the oven instead of frying.*

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Veal Meatballs

Prep Time: 10 mins

Total Time: 27 mins

Serves: 4-6, Yield: 30-36 meatballs



Ingredients

2 lbs. ground veal

2 eggs

1 1/2 cups of garlic and herbed croutons, grinded into crumbs

1 tablespoon Italian seasoning

1 teaspoon dried thyme

1 teaspoon ground mustard

2 green onions, chopped

1/4 cup chopped fresh parsley

Salt and pepper

Directions

- 1. Heat your oven at 350 degrees.*
- 2. Incorporate all the ingredients in a bowl and form into meatballs.*
- 3. Arrange into cookie sheets and bake for about 15-17 minutes.*

NUTRITION FACTS

Serving Size: 1 (179 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
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Calories 441.6

Calories from Fat 188	42%
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Amount Per Serving	% Daily Value
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Total Fat 20.8g	32%
-----------------	-----

Saturated Fat 7.9g	39%
--------------------	-----

Cholesterol 292.7mg	97%
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Sugars 1.1 g	
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Sodium 410.2mg	17%
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Total Carbohydrate 11.0g	3%
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Dietary Fiber 1.3g	5%
--------------------	----

Sugars 1.1 g	4%
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Protein 49.1g	98%
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Variations:

- Use freshly minced garlic and use panko bread crumbs instead of the garlic and herb croutons use other types of ground meat such as chicken, turkey or beef instead of veal.

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Meatballs in BBQ Sauce

Prep Time: 20 mins

Total Time: 50 mins

Servings: 6



Ingredients

1 lb. ground beef

1 egg

1/2 cup onion, minced

1/2 cup green pepper, chopped fine

1/2 cup cracker meal

1/4 cup ketchup

1/4 teaspoon salt

1/4 teaspoon pepper

1 (26 ounce) jars barbecue sauce

Directions

- 1. Incorporate all the ingredients aside from the BBQ sauce in a bowl and form them into meatballs.*
- 2. Bake in the oven for about 20 minutes at 350 degrees.*
- 3. Drain excess fat and then add them up with the BBQ sauce and bake further for 10 minutes.*

NUTRITION FACTS

Serving Size: 1 (256 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 319.3

Calories from Fat 138

43%

Amount Per Serving

% Daily Value

Total Fat 15.3g

23%

Saturated Fat 5.1g

25%

Cholesterol 86.6mg

28%

Sugars 8.5 g

Sodium 1436.8mg

59%

Total Carbohydrate 26.0g

8%

Dietary Fiber 2.2g

9%

Sugars 8.5 g

34%

Protein 18.4g

36%

Variations:

- *Replace green chilies with hot pepper flakes, use ground turkey for the meat.*
- *Add up some minced garlic and use breadcrumbs instead of crackers; replace ground beef with ground pork or chicken for some variety.*

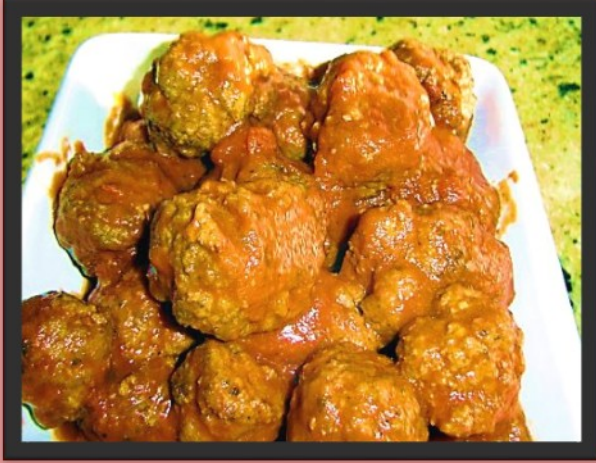
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Granny's Meatballs

Prep Time: 15 mins

Total Time: 1 hr 20 mins

Yield: 40 meatballs



Ingredients

3/4 lb. ground pork

3/4 lb. ground turkey

1 tablespoon onion, minced

1/2 teaspoon parsley

1 teaspoon ground black pepper

1 teaspoon garlic salt

2 eggs

1 - 1 1/2 cup Italian seasoned breadcrumbs

Directions

- 1. Using a large mixing bowl, combine the meats and knead until well blended.*
- 2. Add up the onion. Garlic salt, parsley and pepper. And continue mixing until well combined.*
- 3. In a separate bowl, whisk eggs until well whisked. Add up to meat mixture and then add in the breadcrumbs until mixture is firm.*
- 4. Shape into meatballs and arrange in cooking pans.*
- 5. Bake in the oven for about 10 minutes at 450 degrees.*
- 6. Transfer meatballs into the pot with your desired sauce and cook for 1 hour or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (917 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 50.5

Calories from Fat 25

50%

Amount Per Serving

% Daily Value

Total Fat 2.8g

4%

Saturated Fat 0.9g

4%

Cholesterol 21.3mg

7%

Sugars 0.1 g

Sodium 66.1mg

2%

Total Carbohydrate 2.1g

0%

Dietary Fiber 0.1g

0%

Sugars 0.1 g

0%

Protein 3.8g

7%

Variations:

- Use pork and turkey combination for the meat, add some more onion and add up $\frac{1}{4}$ cup of Romano cheese.
- Use 2 lbs. ground beef along with 1 lb. ground pork. Also use $1 \frac{1}{2}$ cups bread crumbs and 2 cloves garlic instead of garlic salt.

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Meatballs #1

Prep Time: 5 mins

Total Time: 30 mins

Yield: 50 meatballs



Ingredients

4 lbs. ground beef

1 lb. ground pork

10 eggs

1 1/4 cups breadcrumbs

1 1/2 teaspoons onions, chopped

2 1/2 teaspoons salt

SAUCE

20 teaspoons soy sauce

2 1/4 teaspoons allspice

5 teaspoons mustard powder

3 3/4 cups catsup

15 tablespoons brown sugar

5 tablespoons vinegar

Directions

- 1. Combine the meats together in a bowl and then add up eggs, onion, crumbs, and salt. Knead and form into meatballs.*
- 2. Fry meatballs in a skillet over medium-high heat until just browned.*
- 3. Incorporate sauce ingredients together and then add in meatballs.*
- 4. Transfer into baking pans and bake for about 20-25 minutes at 350 degrees.*

NUTRITION FACTS

Serving Size: 1 (4239 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
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Calories 163.0

Calories from Fat 77	47%
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Amount Per Serving	% Daily Value
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Total Fat 8.6g	13%
----------------	-----

Saturated Fat 3.2g	16%
--------------------	-----

Cholesterol 68.4mg	22%
--------------------	-----

Sugars 8.3 g	
--------------	--

Sodium 515.1mg	21%
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Total Carbohydrate 10.8g	3%
--------------------------	----

Dietary Fiber 0.2g	0%
--------------------	----

Sugars 8.3 g	33%
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Protein 10.5g	21%
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Variations:

- *Use the combination of turkey and beef, and add up some minced garlic and few pinches of ground black pepper for more flavors.*
- *Use all turkey for the meat; also add up some chopped garlic.*

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Beefy Meatballs

Prep Time: 20 mins

Total Time: 1 hr 30 mins

Yield: 25-30 Meatballs



Ingredients

1 lb. ground beef

3/4 cup breadcrumbs

4 teaspoons minced sweet onions

1 teaspoon crushed oregano leaves

1 teaspoon ground black pepper

1 teaspoon parsley

1 teaspoon garlic salt

1 egg

Directions

- 1. Whisk the eggs in a large mixing bowl.*
- 2. Add in the rest of ingredients and knead with your hands.*
- 3. Shape the mixture into regular sized meat balls and then arrange them in a non-stick baking sheet.*
- 4. Bake in the oven for about 10 minutes over 450 degrees.*
- 5. Transfer baked meatballs into your desired sauce and boil for at least 1 hour.*
- 6. Serve with pasta. Enjoy!*

NUTRITION FACTS

Serving Size: 1 (606 g)

Servings Per Recipe: 1

Amount Per Serving

Calories 55.7

Calories from Fat 27

% Daily Value

49%

Amount Per Serving

% Daily Value

Total Fat 3.0g

4%

Saturated Fat 1.1g

5%

Cholesterol 19.7mg

6%

Sugars 0.2 g

Sodium 38.6mg

1%

Total Carbohydrate 2.6g

0%

Dietary Fiber 0.2g

0%

Sugars 0.2 g

0%

Protein 4.1g

8%

Variations:

- *Use Italian style bread crumbs and add up additional egg.*
- *Use ground sausage for the meat instead of beef and add up some parmesan. Replace breadcrumbs with crushed townhouse crackers.*

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Sausage and Beef Meatballs

Prep Time: 10 mins

Total Time: 4 hrs 10 mins

Yield: 24 meatballs



Ingredients

1 lb. ground beef

1 lb. Italian sausage, ground and casings removed

1 cup Italian style breadcrumbs

1 egg

1/4 cup parmesan cheese

Cayenne, red pepper flakes

Directions

- 1. Combine all the ingredients together in a bowl by hands.*
- 2. Form into meatballs and then microwave for at least 5-6 minutes on every side.*
- 3. Transfer meatballs into the crock pot with spaghetti sauce and cook for at least 2-3 hours at high setting or 4-6 hours at low setting.*
- 4. Serve with your desired pasta or noodles and sprinkle grated cheese on top. Enjoy!*

NUTRITION FACTS

Serving Size: 1 (1096 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 131.0

Calories from Fat 78	60%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 8.7g	13%
----------------	-----

Saturated Fat 3.2g	16%
--------------------	-----

Cholesterol 33.3mg	11%
--------------------	-----

Sugars 0.4 g	
--------------	--

Sodium 292.5mg	12%
----------------	-----

Total Carbohydrate 4.1g	1%
-------------------------	----

Dietary Fiber 0.2g	0%
--------------------	----

Sugars 0.4 g	1%
--------------	----

Protein 8.3g	16%
--------------	-----

Variations

- Use ½ lb. sweet sausage and ½ lb. hot sausage also use panko bread crumbs and brown them in a skillet.
- Use turkey sausage instead, and left out cayenne, Bake on non-stick foil. 375 degrees for 20-25 minutes.

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Impeccable Beef Meatballs

Prep Time: 10 mins

Total Time: 30 mins

Servings: 6



Ingredients

1 lb. ground beef

1 egg

1/2 cup onion, chopped

1/2 cup cracker, crushed

1/4 teaspoon garlic powder

1/4 teaspoon pepper

Directions

- 1. Mix the ingredients together in a large bowl and knead well.*
- 2. Form into regular sized meatballs and arrange into baking sheets.*
- 3. Bake in the oven for about 20 minutes at 350 degrees.*
- 4. Serve immediately or mix with your desired sauce.*
- 5. Enjoy!*

NUTRITION FACTS

Serving Size: 1 (102 g)
Servings Per Recipe: 6

Amount Per Serving

Calories 211.1

Calories from Fat 123

% Daily Value

58%

Amount Per Serving

Total Fat 13.7g

Saturated Fat 4.9g

Cholesterol 86.6mg

Sugars 0.7 g

Sodium 112.8mg

Total Carbohydrate 5.2g

Dietary Fiber 0.3g

Sugars 0.7 g

Protein 15.7g

% Daily Value

21%

24%

28%

4%

1%

1%

3%

31%

Variations:

- *Add in a little basil, paprika, dehydrated onion, oregano and garlic powder to the crackers and process in the magic bullet to pulverize them before adding to the rest of ingredients.*
- *Use ground turkey for the meat or combination of turkey and beef. Add up some chopped garlic instead of garlic salt. Also add up some Italian seasoning for more flavors.*

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Jellied Meatballs

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 36



Ingredients

2 lbs. lean ground beef

1 small finely chopped onion

Garlic powder

Salt and pepper

1/3 cup catsup

1 cup cracker crumb

2 beaten eggs

1 (12 ounce) cans jellied cranberry sauce

1 (12 ounce) bottles chili sauce

1/2 cup brown sugar

Directions

- 1. Combine the eight initial ingredients together and form into meatballs.*
- 2. Arrange in a 9x13 baking pan and then set aside.*
- 3. Combine the rest of ingredients in a small bowl and then pour it around the meatballs.*
- 4. Bake in the oven for about 50-60 minutes or until cooked through at 350 degrees.*

NUTRITION FACTS

Serving Size: 1 (57 g)

Servings Per Recipe: 36

Amount Per Serving

% Daily Value

Calories 89.9

Calories from Fat 25

28%

Amount Per Serving

% Daily Value

Total Fat 2.8g

4%

Saturated Fat 1.1g

5%

Cholesterol 26.7mg

8%

Sugars 8.1 g

Sodium 175.5mg

7%

Total Carbohydrate 9.9g

3%

Dietary Fiber 0.7g

2%

Sugars 8.1 g

32%

Protein 5.7g

11%

Variations:

- *Use bread crumbs for the cracker crumbs, and use other types of ground meat such as turkey, pork and chicken for the meat.*
- *Add up minced garlic instead of garlic salt and use turkey for the meat.*

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Crockpot Burger Meatballs

Prep Time: 10 mins

Total Time: 4 hrs 10 mins

Servings: 4



Ingredients

1 1/2 lbs. hamburger

3/4 cup milk

1 small onion

1 cup breadcrumbs

Salt & pepper

Flour

Sauce

1 1/2 cups catsup

1 cup water

1/2 cup sugar

1 tablespoon of A.1. Original Sauce

3 tablespoons white vinegar

1 tablespoon Worcestershire sauce

Directions

- 1. Incorporate the sauce ingredients in a crock pot.*
- 2. Combine meat ball ingredients in a bowl and knead.*
- 3. Form into meatballs and roll over the flour, fry until just browned in the skillet.*
- 4. Transfer into the crock pot and cook for several hours until cooked through.*
- 5. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (406 g)

Servings Per Recipe: 4

Amount Per Serving

Calories 657.3

Calories from Fat 205

% Daily Value

31%

Amount Per Serving

% Daily Value

Total Fat 22.8g

35%

Saturated Fat 8.8g

44%

Cholesterol 120.5mg

40%

Sugars 48.3 g

Sodium 1380.4mg

57%

Total Carbohydrate 71.7g

23%

Dietary Fiber 1.7g

7%

Sugars 48.3 g

193%

Protein 42.0g

84%

Variations:

- *Use apple cider vinegar in place of the white vinegar, and add up some more sugar. Also use 1 can tomato soup, and 2 cups ketchup.*
- *Use old fashioned oatmeal instead of bread crumbs, and add up ½ cup parmesan.*

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German Meatballs

Prep Time: 10 mins

Total Time: 22 mins

Servings: 4-6



Ingredients

1 lb. hamburger

1 teaspoon salt

1 teaspoon pepper

1 teaspoon paprika

1 garlic clove, minced

1 teaspoon onion, minced

1/4 cup oatmeal

1 egg

1/4 lb. bacon, cooked and crumbled

1/2 cup breadcrumbs

1/4 cup oil

Directions

- 1. Combine all the ingredients aside from the breadcrumbs in a bowl and knead.*
- 2. Form meat mixture into meatballs and then roll meatballs into the bread crumbs before frying in oil until golden brown in color and cooked through.*

NUTRITION FACTS

Serving Size: 1 (107 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 561.6

Calories from Fat 374

66%

Amount Per Serving

% Daily Value

Total Fat 41.6g

64%

Saturated Fat 11.5g

57%

Cholesterol 141.8mg

47%

Sugars 1.0 g

Sodium 1010.3mg

42%

Total Carbohydrate 14.4g

4%

Dietary Fiber 1.4g

5%

Sugars 1.0 g

4%

Protein 30.9g

61%

Variations:

- Increase amount of garlic to 4 cloves and use ½ shell of merlot instead of water.
- Use 1 lb. venison and 1 lb. turkey for the meat.

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Vietnamese Meatballs

Prep Time: 15 mins

Total Time: 22 mins

Yield: 20 meatballs



Ingredients

1 1/2 lbs. ground beef

2 garlic cloves

1 tablespoon rice wine

1 tablespoon fish sauce

1 tablespoon soy sauce

1/2 teaspoon sugar

1 egg white

1 tablespoon sesame oil

2 tablespoons cornstarch

Directions

- 1. Mix the ingredients all together in a bowl until well combined.*
- 2. Form into regular size meatballs and then push them into skewers.*
- 3. Roast or grill meatballs until cooked through.*

NUTRITION FACTS

Serving Size: 1 (802 g)

Servings Per Recipe: 1

Amount Per Serving

Calories 85.7

Calories from Fat 52

% Daily Value

60%

Amount Per Serving

% Daily Value

Total Fat 5.7g

8%

Saturated Fat 2.0g

10%

Cholesterol 23.1mg

7%

Sugars 0.1 g

Sodium 145.0mg

6%

Total Carbohydrate 1.0g

0%

Dietary Fiber 0.0g

0%

Sugars 0.1 g

0%

Protein 6.6g

13%

Variations:

- *Try using ground turkey and broil them*
- *use pork for the meat*

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Ouzo Meatballs

Prep Time: 15 mins

Total Time: 30 mins

Servings: 4-6



Ingredients

2 tablespoons olive oil

1 onion medium, finely chopped)

500 g ground meat

3 tablespoons bread

1 egg

1 tablespoon flour

1 tablespoon dill, chopped

1 tablespoon mint, chopped

1 tablespoon parsley, chopped

2 tablespoons ouzo

1 teaspoon pepper

1 teaspoon salt

1/3 cup wine, white or 1/3 cup milk

Directions

- 1. Sauté onions in oil until tender.*
- 2. Add it up to the rest of ingredients and then transfer into a food processor and process until combined.*
- 3. Lightly grease a baking pan with oil and set aside.*
- 4. Form mixture into meatballs about two inches in diameter and arrange into the greased baking pan. Bake in the oven for at least 15 minutes or until cooked through at 350 degrees.*

5. *Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (50 g)		Total Fat 8.0g	12%
Servings Per Recipe: 4		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 46.5mg	15%
Calories 119.9		Sugars 1.4 g	
Calories from Fat 72	60%	Sodium 613.1mg	25%
		Total Carbohydrate 6.2g	2%
		Dietary Fiber 0.8g	3%
		Sugars 1.4 g	5%
		Protein 2.3g	4%

Variations:

- *Use all beef for the meat, use dried dill and mint also add up rosemary and use white wine to soak the breadcrumbs in few minutes before starting to prepare.*
- *Use dried dill and use anise extract in little vodka for the ouzo.*

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Mini Meatballs

Prep Time: 10 mins

Total Time: 20 mins

Yield: 40-48 meatballs



Ingredients

1 lb. ground beef

1/4 cup dry breadcrumbs

1/4 cup water

2 tablespoons chopped fresh chives

1 teaspoon Dijon mustard

1 teaspoon Worcestershire sauce

1/2 teaspoon salt

1/4 teaspoon pepper

Directions

- 1. Incorporate the ingredients together in a large bowl and blend well.*
- 2. Form into 1 inch meatballs and chill for few hours.*
- 3. Place chilled meatballs into baking racks over a pan lined with foil to lessen the cleanup.*
- 4. Bake for at least 10 minutes at 400 degrees or until golden brown. Add up to your desired sauce or dish and serve.*
- 5. Or chill for later use.*

NUTRITION FACTS

Serving Size: 1 (561 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 27.3

Calories from Fat 15

57%

Amount Per Serving

% Daily Value

Total Fat 1.7g

2%

Saturated Fat 0.6g

3%

Cholesterol 7.7mg

2%

Sugars 0.0 g

Sodium 44.3mg

1%

Total Carbohydrate 0.5g

0%

Dietary Fiber 0.0g

0%

Sugars 0.0 g

0%

Protein 2.2g

4%

Variations:

- Use Italian breadcrumbs and instead of chives use Italian spice blend.
- Sub an egg for the water and add a little garlic powder and chili powder.

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Low-Fat Parmesan Turkey Meatballs

Prep Time: 10 mins

Total Time: 10 mins

Yield: 20 meatballs



Ingredients

1 lb. ground turkey

1/4 cup fat-free evaporated milk

1 -2 tablespoon minced fresh garlic

1/2-3/4 cup dry breadcrumbs

1/4 cup grated parmesan cheese

2 green onions, finely chopped

1/4 cup finely chopped fresh parsley

1 large egg, slightly beaten

1/2 teaspoon seasoning salt

1/2 teaspoon black pepper

Directions

- 1. Combine the ingredients together in a bowl and blend well.*
- 2. Form into desired meatball sizes and then pan fry or bake them until cooked through.*
- 3. Add them up to your favored recipes or sauce.*

NUTRITION FACTS

Serving Size: 1 (702 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 57.2

Calories from Fat 22	39%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 2.5g	3%
----------------	----

Saturated Fat 0.7g	3%
--------------------	----

Cholesterol 26.1mg	8%
--------------------	----

Sugars 0.6 g	
--------------	--

Sodium 60.0mg	2%
---------------	----

Total Carbohydrate 2.7g	0%
-------------------------	----

Dietary Fiber 0.2g	0%
--------------------	----

Sugars 0.6 g	2%
--------------	----

Protein 5.9g	11%
--------------	-----

Variations:

- Use ground turkey breast and use dry parsley and skim milk. Use fresh garlic and bake the meatballs for 30 minutes at 375 degrees.
- Use ground chicken, and use both Italian breadcrumbs and wheat saltines, omit green onions and use dried onions, Italian seasoning with parsley and garlic salt.

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Your Basic Meatballs

Prep Time: 5 mins

Total Time: 30 mins

Servings: 20



Ingredients

1 lb. ground beef

1/4 cup milk

1/2 cup breadcrumbs

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon Worcestershire sauce

1 egg

1/4 cup chopped onion

Directions

- 1. Heat up your oven at 400 degrees.*
- 2. Combine all the ingredients together in a bowl and knead by hand.*
- 3. Form into desired meatball sizes and arrange into baking sheets.*
- 4. Bake in the preheated oven for at least 20-25 minutes or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (33 g)

Servings Per Recipe: 20

Amount Per Serving

% Daily Value

Calories 66.0

Calories from Fat 35

53%

Amount Per Serving

% Daily Value

Total Fat 3.9g

6%

Saturated Fat 1.5g

7%

Cholesterol 25.1mg

8%

Sugars 0.2 g

Sodium 99.3mg

4%

Total Carbohydrate 2.3g

0%

Dietary Fiber 0.1g

0%

Sugars 0.2 g

1%

Protein 5.0g

10%

Variations:

- Add a grill spice instead of salt and pepper; also use only half the amount of milk.

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Pineapple Barbecued Meatballs

Prep Time: 3 mins

Total Time: 23 mins

Servings: 8-12



Ingredients

- 1 (75 count) bags frozen meatballs*
- 1 (16 ounce) jars apricot preserves*
- 1 (20 ounce) cans drained pineapple chunks*
- 1/2 cup brown sugar*
- 2 (16 ounce) bottles barbecue sauce*

Directions

- 1. Leaving the frozen meatballs behind, incorporate all the ingredients together in a pot.*
- 2. Cook over low setting until it boils and then add up meatballs. Cook further until cooked through.*
- 3. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (193 g)

Servings Per Recipe: 8

Amount Per Serving

% Daily Value

Calories 381.7

Calories from Fat 22

82%

Amount Per Serving

% Daily Value

Total Fat 2.4g

3%

Saturated Fat 0.3g

1%

Cholesterol 0.0mg

0%

Sugars 57.8 g

Sodium 1056.8mg

44%

Total Carbohydrate 92.0g

30%

Dietary Fiber 2.3g

9%

Sugars 57.8 g

231%

Protein 3.1g

6%

Variations:

- Use strawberry instead of apricot preserve and then use sweet baby ray's BBQ sauce.

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Party Sausage Meatballs

Prep Time: 15 mins

Total Time: 30 mins

Yield: 36-48 meatballs



Ingredients

1 lb. pork sausage

1 1/4 cups Bisquick

6 ounces shredded cheddar cheese

1/4 cup onion, very finely chopped

1/4 cup celery, very finely chopped

1/4 teaspoon garlic powder

Directions

- 1. Mix ingredients all together in a bowl. Blend well.*
- 2. Form meatballs into desired sizes or use melon ball scooper to shape the meatballs.*
- 3. Arrange meatballs in a baking sheet and bake in the oven for about 15 minutes or until cooked through at 375 degrees.*
- 4. Serve and enjoy with some toothpicks.*

NUTRITION FACTS

Serving Size: 1 (850 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 75.8

Calories from Fat 50

65%

Amount Per Serving

% Daily Value

Total Fat 5.5g

8%

Saturated Fat 2.2g

11%

Cholesterol 14.1mg

4%

Sugars 0.5 g

Sodium 163.3mg

6%

Total Carbohydrate 2.8g

0%

Dietary Fiber 0.1g

0%

Sugars 0.5 g

2%

Protein 3.4g

6%

Variations:

- Use ground country sausage, and replace the celery with green pepper, also use fresh garlic (2 cloves). Lastly, add 2 egg whites to moisten it a bit
- Use packaged cheese, cheap low-fat sausage and use fresh garlic.

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Always Perfect Sweet and Sour Meatballs

Prep Time: 5 mins

Total Time: 25 mins

Servings: 4



Ingredients

1 lb. ground beef

Garlic powder

Onion powder

1 egg

1/4 cup matzo meal

12 ounces chili sauce

1/2 cup brown sugar

1/4 cup lemon juice

Directions

- 1. Combine ground beef, onion powder, garlic powder, matzo meal and egg in a bowl.*
- 2. Shape mixture into meatballs and reserve.*
- 3. Meanwhile dispense the chili sauce in the saucepan and heat over medium-high heat,*
- 4. Add up lemon juice and brown sugar.*
- 5. Blend mixture well and drop the meatballs and cook until it boils.*
- 6. Once boiling, allow to simmer for about 20 minutes or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (261 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 485.5

Calories from Fat 167

34%

Amount Per Serving

% Daily Value

Total Fat 18.6g

28%

Saturated Fat 7.1g

35%

Cholesterol 123.6mg

41%

Sugars 36.1 g

Sodium 1239.6mg

51%

Total Carbohydrate 50.7g

16%

Dietary Fiber 5.2g

21%

Sugars 36.1 g

144%

Protein 25.5g

51%

Variations:

- Use canned tomatoes, and substituted breadcrumbs for matzo meal.
- Use turkey for the meat, and use grated onions and crushed garlic instead of the powders. Also use homemade chili sauce

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Ranch Meatballs

Prep Time: 10 mins

Total Time: 30 mins

Serves: 4, Yield: 20 Meatballs



Ingredients

- 1 lb. ground pork*
- 10 ounces frozen spinach, thawed and squeezed dry*
- 1 shallot, finely minced*
- 1 garlic clove, zested*
- 1 tablespoon Hidden Valley Original Ranch Dips Mix*
- 1 teaspoon ground black pepper*
- 1/2 teaspoon salt*
- 1/2 cup breadcrumbs*
- 1/2 cup parmesan cheese, grated*
- 1 egg, lightly beaten*
- 2 tablespoons olive oil*

Directions

- 1. Heat up your oven at 350 degrees.*
- 2. Leaving the olive oil behind, combine the ingredients together in a large mixing bowl. Knead until well combined.*
- 3. Shape into regular sized meatballs and set aside,*
- 4. Meanwhile, heat a skillet over medium heat. Place the olive oil, once oil is hot, fry meatballs until just browned for about 1-2 minutes.*
- 5. Transfer meatballs into baking pan and bake in the preheated oven for about 10 minutes or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (243 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 512.3

Calories from Fat 330	64%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 36.7g	56%
-----------------	-----

Saturated Fat 12.6g	63%
---------------------	-----

Cholesterol 139.2mg	46%
---------------------	-----

Sugars 1.5 g	
--------------	--

Sodium 720.7mg	30%
----------------	-----

Total Carbohydrate 15.0g	5%
--------------------------	----

Dietary Fiber 3.0g	12%
--------------------	-----

Sugars 1.5 g	6%
--------------	----

Protein 30.4g	60%
---------------	-----

Variations:

- Use turkey for the meat. Use minced green onions for the shallots
- Use beef for the meat, replace mozzarella for the parmesan

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Quick n' Easy Meatballs N' Gravy

Prep Time: 10 mins

Total Time: 30 mins

Servings: 6



Ingredients

1 lb. ground beef, salted & peppered

1 envelope dry onion soup mix

1 can cream of mushroom soup

1 3/4 cups water

Directions

- 1. Shape the ground meat into tiny meatballs and then heat a skillet with oil over medium-high heat.*
- 2. Panfry meatballs until browned and then drain to remove excess oil.*
- 3. Add in the water, onion soup, and mushroom soup mix.*
- 4. Let mixture simmer until thick.*
- 5. Serve and enjoy with rice.*

NUTRITION FACTS

Serving Size: 1 (201 g)

Servings Per Recipe: 6

Amount Per Serving

Calories 224.5

Calories from Fat 129

% Daily Value

57%

Amount Per Serving

% Daily Value

Total Fat 14.3g

22%

Saturated Fat 5.1g

25%

Cholesterol 51.4mg

17%

Sugars 1.0 g

Sodium 928.4mg

38%

Total Carbohydrate 7.6g

2%

Dietary Fiber 0.4g

1%

Sugars 1.0 g

4%

Protein 15.3g

30%

Variations

- Use 1 can of mushroom soup, 1/2 packet of onion soup mix and also use skim milk
- Add in sliced mushrooms & onions, bake the meatballs, and then simmer it in the crockpot.

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Authentic Italian Meatballs

Prep Time: 10 mins

Total Time: 20 mins

Servings: 6



Ingredients

2 lbs. ground beef

2 slices American bread, soaked in a

1/2 cup milk

1 cup finely chopped onion

3 tablespoons chopped fresh parsley

2 eggs

4 tablespoons grated parmesan cheese

1 1/2 tablespoons chopped garlic

3 tablespoons olive oil

6 hamburger buns with sesame seeds

Salt and pepper

2 cups tomato sauce, warmed

Directions

- 1. Combine ground beef with parsley, onions, bread, cheese, garlic, and eggs in a large bowl.*
- 2. Season mixture with salt and pepper. Add up ½ cup cold water if the mixture is too dry.*
- 3. Shape mixture into meatballs and then pan fry them in a skillet with oil over moderate-extreme heat for at least 10 to 15 minutes or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (361 g)
Servings Per Recipe: 6

Amount Per Serving	% Daily Value
Calories 612.1	
Calories from Fat 315	51%

Amount Per Serving	% Daily Value
Total Fat 35.0g	53%
Saturated Fat 11.9g	59%
Cholesterol 170.5mg	56%
Sugars 7.7 g	
Sodium 863.4mg	35%
Total Carbohydrate 34.3g	11%
Dietary Fiber 2.8g	11%
Sugars 7.7 g	31%
Protein 38.4g	76%

Variations:

- Use fresh ingredients pan fry meatballs and then add it up to a sauce in the crockpot.
- Use whole grain for the American and use 1 lb. beef and 1 egg.

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Speedy Moroccan Meatballs

Prep Time: 2 mins

Total Time: 22 mins

Servings: 4



Ingredients

12 1/2 ounces frozen meatballs, thawed

1 tablespoon olive oil

1 onion, sliced

3 1/2 ounces dried apricots, halved

1 small cinnamon stick

1 (14 ounce) cans chopped tomatoes, with garlic if possible

1 ounce sliced almonds, toasted

1/3 cup cilantro, roughly chopped

Directions

- 1. Cook meatballs in oil for at least 10 minutes with occasional flipping to fully cook both sides.*
- 2. Transfer meatballs into a plate and reserve.*
- 3. Meanwhile, place onions into the same pan and sauté for about 5 minutes or until tender.*
- 4. Add in apricots, tomatoes and cinnamon.*
- 5. Pour water into the emptied can of tomatoes halfway full and add up to the mixture.*
- 6. Let mixture boil and simmer for about 5 minutes.*
- 7. Discard the cinnamon and then place meatballs back to the pan.*
- 8. Toss to coat and then top mixture with cilantro and almonds.*

NUTRITION FACTS

Serving Size: 1 (165 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 163.5

Calories from Fat 65

40%

Amount Per Serving

% Daily Value

Total Fat 7.3g

11%

Saturated Fat 0.8g

4%

Cholesterol 0.0mg

0%

Sugars 18.1 g

Sodium 9.1mg

0%

Total Carbohydrate 24.5g

8%

Dietary Fiber 4.3g

17%

Sugars 18.1 g

72%

Protein 3.5g

7%

Variations|:

- *Add in a little amount of baking soda and a tad of splenda to lessen the acidity of the tomatoes.*

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South Beach Meatballs

Prep Time: 5 mins

Total Time: 30 mins

Servings: 4-6



Ingredients

1 lb. lean ground beef

1/4 cup better's eggs egg substitute

1/2 cup all-bran cereal, ground up

1 (1 ounce) package dry ranch dressing mix

Directions

- 1. Using a hand mixer, combine the ingredients together and then form into meatballs.*
- 2. Lightly oil pan with PAM and panfry the meatballs at low setting until browned.*
- 3. Cover and cook for at least 10-15 minutes or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (90 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 232.2

Calories from Fat 110

47%

Amount Per Serving

% Daily Value

Total Fat 12.2g

18%

Saturated Fat 4.7g

23%

Cholesterol 73.8mg

24%

Sugars 1.2 g

Sodium 120.7mg

5%

Total Carbohydrate 5.6g

1%

Dietary Fiber 2.2g

8%

Sugars 1.2 g

5%

Protein 25.5g

51%

Variations:

- *Use half ground pork and half lean ground turkey, use soy granules for a replacement for the bran cereal and a real egg for the egg substitute*

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Meatballs in Mushroom Sauce

Prep Time: 3 mins

Total Time: 18 mins

Servings: 5



Ingredients

- 1 1/2 cups sliced mushrooms*
- 1 medium onion, halved and sliced*
- 1 tablespoon vegetable oil*
- 1 (10 1/2 ounce) cans condensed cream of mushroom soup*
- 1 cup low-fat milk*
- 2 tablespoons Worcestershire sauce*
- 1 lb. frozen meatballs*
- 1/2 lb. linguine, uncooked*

Directions

- 1. Cook the noodles corresponding to the package instructions and then drain.*
- 2. Heat a skillet and then sauté the onions and mushrooms in oil until tender.*
- 3. Add in milk, Worcestershire sauce and soup.*
- 4. Add in meatballs and cover. Simmer for at least 10 to 15 minutes until meatballs are heated through.*
- 5. Place noodles into serving platters and then pour the sauce over the noodles.*
- 6. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (206 g)

Servings Per Recipe: 5

Amount Per Serving	% Daily Value
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Calories 282.7

Calories from Fat 67	23%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 7.4g	11%
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Saturated Fat 1.6g	8%
--------------------	----

Cholesterol 2.4mg	0%
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Sugars 6.1 g	
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Sodium 476.3mg	19%
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Total Carbohydrate 44.7g	14%
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Dietary Fiber 1.9g	7%
--------------------	----

Sugars 6.1 g	24%
--------------	-----

Protein 9.4g	18%
--------------	-----

Variations:

- *Add in minced garlic and a pinch of cayenne pepper, use heavy cream for the milk.*

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Reuben Meatballs

Prep Time: 8 mins

Total Time: 28 mins

Servings: 15-20



Ingredients

1 lb. ground beef

1 cup sauerkraut, drained

1 1/2 cups shredded Swiss cheese

1/2 cup Thousand Island dressing

1/4 cup breadcrumbs

1 egg, beaten

1 tablespoon caraway seed

Directions

- 1. Combine all the ingredients together in a mixing bowl and knead.*
- 2. Shape into golf size meatballs.*
- 3. Place into cookie sheets and then bake in the oven for about 25-30 minutes at 350 degrees.*

NUTRITION FACTS

Serving Size: 1 (48 g)

Servings Per Recipe: 15

Amount Per Serving

Calories 152.0

Calories from Fat 98

% Daily Value

64%

Amount Per Serving

Total Fat 10.9g

Saturated Fat 4.2g

Cholesterol 45.0mg

Sugars 1.7 g

Sodium 193.1mg

Total Carbohydrate 3.7g

Dietary Fiber 0.5g

Sugars 1.7 g

Protein 9.4g

% Daily Value

16%

21%

15%

8%

1%

2%

6%

18%

Variations:

- Use half beef and half pork for the meat and use parmesan instead of Swiss.

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Microwave Meatballs

Prep Time: 5 mins

Total Time: 18 mins

Serves: 5, Yield: 15 meatballs



Ingredients

1 lb. ground turkey

1/2 cup Italian seasoned breadcrumbs

1/4 cup water

1/4 teaspoon dried basil

1/4 teaspoon dried oregano

1/4 teaspoon dried parsley

1 teaspoon garlic powder

1 egg

1 (28 ounce) jars spaghetti sauce

1/2 cup parmesan cheese, grated

1 cup mozzarella cheese, shredded

Directions

- 1. Combine ground meat with the water, breadcrumbs, parsley, oregano, egg, basil, and garlic powder in a bowl.*
- 2. Knead and shape into meatballs.*
- 3. Arrange meatballs in a microwave safe pan.*
- 4. Pout spaghetti sauce over the meatballs and then sprinkle with parmesan cheese.*
- 5. Cover the pan with cling wrap and then microwave for at least 12 minutes at 70 % setting.*
- 6. Remove cover and sprinkle with mozzarella, microwave further for 1 ½ minutes or until cheese melts.*
- 7. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (243 g)

Servings Per Recipe: 5

Amount Per Serving

% Daily Value

Calories 432.7

Calories from Fat 189

43%

Amount Per Serving

% Daily Value

Total Fat 21.0g

32%

Saturated Fat 7.7g

38%

Cholesterol 140.6mg

46%

Sugars 16.1 g

Sodium 1412.3mg

58%

Total Carbohydrate 28.5g

9%

Dietary Fiber 1.3g

5%

Sugars 16.1 g

64%

Protein 31.0g

62%

Variations:

- Use beef for the meat and also add up some Italian seasoning to the mixture.

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Quick Swedish Meatballs

Prep Time: 10 mins

Total Time: 30 mins

Servings: 4-6



Ingredients

24 meatballs

1 (10 ounce) cans cream of chicken soup

1/3 cup milk

1/8 teaspoon nutmeg

1/2 cup sour cream

Directions

- 1. Incorporate the meatballs with the soup, nutmeg and milk in a big skillet.*
- 2. Heat over medium-high heat and let boil while occasionally stirring.*
- 3. Lessen the heat and let simmer for about 15 minutes.*
- 4. Add in sour cream and cook further for 2-3 minutes more.*
- 5. Top with parsley.*
- 6. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (80 g)

Servings Per Recipe: 4

Amount Per Serving

Calories 137.9

Calories from Fat 98

% Daily Value

71%

Amount Per Serving

% Daily Value

Total Fat 10.8g

16%

Saturated Fat 5.3g

26%

Cholesterol 21.1mg

7%

Sugars 0.4 g

Sodium 489.4mg

20%

Total Carbohydrate 7.2g

2%

Dietary Fiber 0.0g

0%

Sugars 0.4 g

1%

Protein 3.2g

6%

Variations:

- *Use plain yogurt instead of sour cream.*
- *Double the amount of milk, sour cream and nutmeg. And use family size can of soup.*

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Greek Feta and Olive Meatballs

Prep Time: 15 mins

Total Time: 25 mins

Servings: 4



Ingredients

1 lb. ground lamb

1/2 cup chopped fresh parsley

2 tablespoons finely chopped onions

1/2 cup crumbled feta cheese

1/2 cup chopped green olives

1/4 cup chopped black olives

2 eggs

1 1/2 teaspoons Italian seasoning

Directions

- 1. Heat up your oven or broiler.*
- 2. Combine all the ingredients in a bowl and form into meatballs.*
- 3. Arrange meatballs into the rack about 3 inches away from the heat and broil for at least 3-4 minutes until golden brown in color.*
- 4. Flip to the other side and continue to broil until cooked through.*
- 5. Serve and enjoy with rice or noodles.*

NUTRITION FACTS

Serving Size: 1 (195 g)

Servings Per Recipe: 4

Amount Per Serving

Calories 420.5

Calories from Fat 305

% Daily Value

72%

Amount Per Serving

Total Fat 33.9g

Saturated Fat 15.2g

Cholesterol 205.2mg

Sugars 1.2 g

Sodium 388.7mg

Total Carbohydrate 2.4g

Dietary Fiber 0.5g

Sugars 1.2 g

Protein 24.9g

% Daily Value

52%

76%

68%

16%

0%

2%

4%

49%

Variations:

- Add in $\frac{3}{4}$ tsp. cumin, $\frac{3}{4}$ tsp. black pepper, $\frac{1}{8}$ tsp. cinnamon, $\frac{1}{2}$ tsp. garlic powder and $\frac{1}{4}$ tsp. salt.
- Use mint and oregano rather than the Italian herbs

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Garlic Italian Meatballs...for a Crowd!

Prep Time: 20 mins

Total Time: 30 mins

Serves: 35, Yield: 200 meatballs



Ingredients

3 lbs. lean ground beef

3 lbs. ground turkey

2 cups finely grated parmesan cheese

3 heads garlic, peeled and minced

1 1/2 cups fresh breadcrumbs

1 1/2 cups milk

6 eggs

1/2-3/4 cup chopped flat-leaf Italian parsley

1 1/2 tablespoons salt

1/2 teaspoon fresh ground black pepper

Directions

- 1. Heat up your oven at 350 degrees.*
- 2. Incorporate all the ingredients together in a bowl and lend well.*
- 3. Form into regular size meatballs and then arrange into cookie sheets.*
- 4. Bake in the oven for about 10 minutes or until cooked through.*
- 5. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (113 g)
Servings Per Recipe: 35

Amount Per Serving	% Daily Value
Calories 196.7	
Calories from Fat 89	45%

Amount Per Serving	% Daily Value
Total Fat 9.9g	15%
Saturated Fat 3.9g	19%
Cholesterol 90.5mg	30%
Sugars 0.4 g	
Sodium 488.3mg	20%
Total Carbohydrate 6.0g	2%
Dietary Fiber 0.4g	1%
Sugars 0.4 g	1%
Protein 20.0g	40%

Variations:

- Add in some basil and use 12 cloves of garlic. Use seasoned breadcrumbs soaked in milk and egg mixture.
- Use lean ground beef for the meat and ground turkey breast.

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Porcupine Meatballs

Prep Time: 15 mins

Total Time: 55 mins

Serves: 4-5, Yield: 20.0 meatballs



Ingredients

1 lb. ground beef

1/4 cup long grain rice, uncooked

1 egg, slightly beaten

1 tablespoon fresh parsley, snipped or 1/2 tablespoon dried parsley

2 tablespoons onions, finely chopped

1/2 teaspoon salt

1 dash pepper

1 (10 1/2 ounce) cans tomato soup, divided

1/2 cup water

1 teaspoon Worcestershire sauce

Directions

- 1. Mix ground beef with rice, parsley, egg, salt, onion, 1/4 cup tomato sauce and pepper in a bowl.*
- 2. Knead and form into regular size meatballs.*
- 3. Put meatballs in a skillet and heat over medium-high heat.*
- 4. Add in the rest of ingredients and blend.*
- 5. Let mixture boil and simmer for at least 40 minutes or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (199 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 351.9

Calories from Fat 168

47%

Amount Per Serving

% Daily Value

Total Fat 18.7g

28%

Saturated Fat 7.1g

35%

Cholesterol 123.6mg

41%

Sugars 6.4 g

Sodium 687.0mg

28%

Total Carbohydrate 20.1g

6%

Dietary Fiber 1.1g

4%

Sugars 6.4 g

25%

Protein 24.7g

49%

Variations:

- Use 1 ½ pounds ground beef, ½ cup rice, and add up 8 ounce can of tomato paste and also add an extra egg.
- Use ground turkey instead of the beef and use brown rice, use tomato paste with a little water in place of tomato sauce.

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Friendly Meatballs

Prep Time: 30 mins

Total Time: 1 hr 30 mins

Servings: 10-12



Ingredients

For Meatballs

3 lbs. ground beef

2 eggs

2 cups quick oats

1 cup milk

1/2 teaspoon chili powder

1 teaspoon garlic salt

1 teaspoon salt

1 teaspoon pepper

1 small onion, diced

For Sauce

1 cup brown sugar

2 cups ketchup

1 teaspoon chili powder

1 teaspoon mustard

1 teaspoon salt

Directions

- 1. Prepare the meatballs: combine all ingredients in a bowl and shape into meatballs.*
- 2. Arrange in a baking sheet and bake for about 1 hour at 350 degrees.*

3. *Drain and then reserve.*
4. *For the sauce: combine all ingredients together in a bowl and then spoon into the meatballs.*
5. *Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (221 g)		Total Fat 24.5g	37%
Servings Per Recipe: 10		Saturated Fat 9.1g	45%
Amount Per Serving	% Daily Value	Cholesterol 133.1mg	44%
Calories 535.2		Sugars 33.0 g	
Calories from Fat 220	41%	Sodium 1412.5mg	58%
		Total Carbohydrate 48.1g	16%
		Dietary Fiber 2.9g	11%
		Sugars 33.0 g	132%
		Protein 31.5g	63%

Variations:

- *Use Ritz crackers and make it into a meatloaf rather than meatballs.*
- *Double the sauce, thin it just a bit, add a bit more mustard or garlic for extra flavor, and cook them for a shorter amount of time.*

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Chicken Meatballs for Spaghetti and Meatballs

Prep Time: 20 mins

Total Time: 45 mins

Servings: 4



Ingredients

1 lb. ground chicken

1 egg

1/2 cup parmesan cheese

1/2 cup breadcrumbs

2 cloves garlic, minced

2 teaspoons fresh oregano

1/2 teaspoon salt

2 tablespoons olive oil

Directions

- 1. Combine ground chicken with egg, breadcrumbs, 1/2 cup parmesan, oregano, garlic and 1/2 tsp. salt in a mixing bowl.*
- 2. Knead and shape into meatballs.*
- 3. Heat skillet over high heat and pour olive oil. Once oil is hot, fry meatballs until all sides are cooked through.*
- 4. Transfer meatballs into your desired sauce and simmer until done.*
- 5. Serve and enjoy with your noodles*

NUTRITION FACTS

Serving Size: 1 (162 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 351.5

Calories from Fat 193

54%

Amount Per Serving

% Daily Value

Total Fat 21.4g

33%

Saturated Fat 6.2g

31%

Cholesterol 155.0mg

51%

Sugars 1.0 g

Sodium 667.0mg

27%

Total Carbohydrate 11.4g

3%

Dietary Fiber 1.0g

4%

Sugars 1.0 g

4%

Protein 28.1g

56%

Variations:

- Use 2 tbsp. parmesan cheese, Italian breadcrumbs, 3 cloves garlic 1 tsp. each of basil, parsley and oregano (all dried) 1/4 tsp. salt, 1/4 tsp. pepper. Also use chopped onion and bake for 20 min in 350 degrees.
- Substitute the chicken with ground bison, use organic egg, 1/2 cup parmesan, replace the breadcrumbs with rolled oats, use jarred garlic (1tbsp.), replace fresh oregano with 1/2 tsp. Mrs. Dash omit the salt entirely and bake the meatballs rather than frying (@ 375 for 15 min)

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Italian Style Meatball Recipe

Prep Time: 45 mins

Total Time: 1 hr 15 mins

Servings: 6-8



Ingredients

1 lb. ground beef

1/2 cup breadcrumbs

1/2 cup grated parmesan cheese

1/3 cup chopped onion

1/4 cup milk

2 eggs

2 garlic cloves, minced

1/2 teaspoon pepper

1/2 bunch flat leaf parsley, chopped

4 tablespoons olive oil

32 ounces spaghetti sauce

Directions

- 1. Whisk the eggs in a bowl.*
- 2. Add in the remaining Ingredients and knead well with your hands.*
- 3. Form mixture into meatballs and then panfry in a skillet with oil at medium-high heat until golden brown. Drain and set aside.*
- 4. Using a 5 quart Dutch oven, heat spaghetti sauce over moderate heat and let simmer.*
- 5. Add up meatballs and cover, continue simmering until fully cooked.*
- 6. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (173 g)

Servings Per Recipe: 6

Amount Per Serving

Calories 472.2

Calories from Fat 262

% Daily Value

55%

Amount Per Serving

Total Fat 29.1g

Saturated Fat 8.5g

Cholesterol 130.6mg

Sugars 15.4 g

Sodium 1047.4mg

Total Carbohydrate 27.4g

Dietary Fiber 1.5g

Sugars 15.4 g

Protein 24.4g

% Daily Value

44%

42%

43%

43%

9%

6%

61%

48%

Variations:

- Use combination of pork and beef for the meat, and use mozzarella for the cheese.

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Make-ahead Baked Meatballs

Prep Time: 15 mins

Total Time: 30 mins

Yield: 3-4 batches



Ingredients

4 eggs

2 cups dry breadcrumbs

1/2 cup finely chopped onion

1 tablespoon salt

2 teaspoons Worcestershire sauce

1/2 teaspoon white pepper

4 lbs. lean ground beef

Directions

- 1. Whisk eggs in a large bowl, and stir in the rest of ingredients and blend well.*
- 2. Knead mixture and then form into regular sized meatballs.*
- 3. Arrange in cookie sheets and bake in the oven for about 10-15 minutes at 400 degrees. Turn once to fully cook both sides.*
- 4. Serve and enjoy! Or store for later use*

NUTRITION FACTS

Serving Size: 1 (2340 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
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Calories 1461.7

Calories from Fat 638	43%
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Amount Per Serving	% Daily Value
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Total Fat 70.9g	109%
-----------------	------

Saturated Fat 27.4g	137%
---------------------	------

Cholesterol 675.1mg	225%
---------------------	------

Sugars 6.5 g	
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Sodium 3382.8mg	140%
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Total Carbohydrate 56.0g	18%
--------------------------	-----

Dietary Fiber 3.7g	14%
--------------------	-----

Sugars 6.5 g	26%
--------------	-----

Protein 139.2g	278%
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Variations:

- *Use a combination of ground beef and ground turkey for the meat, and add up garlic to the mixture.*

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Wrapped Meatballs

Prep Time: 15 mins

Total Time: 30 mins

Serves: 6, Yield: 32 meatballs



Ingredients

1 (38 ounce) bags Italian meatballs

2 (8 ounce) cans refrigerated crescent dinner rolls

1 cup parmesan cheese

3 cups pasta sauce, for dipping

Directions

- 1. Defrost meatballs and separate the crescent rolls into 8 pieces.*
- 2. Cut each crescent into half making a triangle.*
- 3. Arrange each meatball into each triangular crescent.*
- 4. Fold up the corners and then wrap the meatball entirely.*
- 5. Arrange wrapped meatballs into a cookie sheet and bake for about 11-13 minutes at 400 degrees.*
- 6. Serve with your desired pasta sauce for steeping*

NUTRITION FACTS

Serving Size: 1 (220 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 416.1

Calories from Fat 117

28%

Amount Per Serving

% Daily Value

Total Fat 13.0g

20%

Saturated Fat 4.9g

24%

Cholesterol 55.1mg

18%

Sugars 14.7 g

Sodium 1129.3mg

47%

Total Carbohydrate 57.7g

19%

Dietary Fiber 6.1g

24%

Sugars 14.7 g

59%

Protein 15.8g

31%

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BBQ Chicken Meatballs

Prep Time: 10 mins

Total Time: 30 mins

Serves: 6, Yield: 24 meatballs



Ingredients

1 lb. lean ground chicken

1/2 cup Italian seasoned breadcrumbs

1 large egg

1 teaspoon sodium-free seasoning

1/2 cup barbecue sauce

Directions

- 1. Heat up your oven at 400 degrees.*
- 2. Incorporate the chicken with seasoning blend, egg, and breadcrumbs in a bowl.*
- 3. Knead and shape into meatballs.*
- 4. Fry meatballs in a skillet with oil at medium-high heat.*
- 5. Transfer fried meatballs into a 9x9 baking dis. Pour BBQ sauce around the meatballs and then bake in the oven for at least 5-10 minutes or until done.*
- 6. Serve and enjoy, add up more sauce if desired.*

NUTRITION FACTS

Serving Size: 1 (114 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 152.4

Calories from Fat 27

17%

Amount Per Serving

% Daily Value

Total Fat 3.0g

4%

Saturated Fat 0.7g

3%

Cholesterol 79.2mg

26%

Sugars 1.4 g

Sodium 408.8mg

17%

Total Carbohydrate 9.5g

3%

Dietary Fiber 0.7g

2%

Sugars 1.4 g

5%

Protein 20.3g

40%

Variations:

- *Use Simple Organics All-Purpose Seasoning. And use Sweet Baby Ray's for the BBQ sauce.*
- *Substitute extra lean ground turkey for the chicken.*

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Asian Meatballs (As a Side Dish)

Prep Time: 5 mins

Total Time: 20 mins

Serves: 16, Yield: 32 1 oz. meatballs



Ingredients

2 (16 ounce) bags precooked frozen meatballs

3 cups water

1/4 cup orange juice

1/4 cup honey

1/8 cup honey-flavored barbecue sauce

1/8 cup lemon juice

1/8 cup soy sauce

1 tablespoon sake

1 tablespoon mirin

1/3-1/2 cup sugar

1/3 cup cornstarch

Directions

- 1. Leaving the meatball behind, place all the ingredients in a pot and blend well. Heat over high heat and let boil.*
- 2. Once boiling, add in the meatballs and reduce heat. cover and simmer for at least 15 minutes or until cooked through.*

NUTRITION FACTS

Serving Size: 1 (66 g)
Servings Per Recipe: 16

Amount Per Serving	% Daily Value
Calories 47.6	
Calories from Fat 0	89%

Amount Per Serving	% Daily Value
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sugars 8.9 g	
Sodium 132.8mg	5%
Total Carbohydrate 11.7g	3%
Dietary Fiber 0.0g	0%
Sugars 8.9 g	35%
Protein 0.3g	0%

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Spicy Specular Dutch Meatballs

Prep Time: 30 mins

Total Time: 30 mins

Servings: 6



Ingredients

4 slices thin bacon

3 speculaas

400 g ground beef

1 1/2 teaspoons spices

3 tablespoons ketjap manis

1 tablespoon sambal bajak, hot Indonesian sauce made from chile

1 tablespoon butter

Directions

- 1. Slice bacon into thin bits.*
- 2. Pound cookies into very fine crumbs and then add up speculaas spice powder, bacon, ketjap, ground beef and then sambal. Mix well*
- 3. Shape into meatballs and then fry in a skillet with melted butter at medium-high heat for about 10 minutes.*
- 4. Serve hot with more sambal.*

NUTRITION FACTS

Serving Size: 1 (74 g)

Servings Per Recipe: 6

Amount Per Serving

Calories 229.5

Calories from Fat 168

% Daily Value

73%

Amount Per Serving

% Daily Value

Total Fat 18.7g

28%

Saturated Fat 7.3g

36%

Cholesterol 60.7mg

20%

Sugars 0.0 g

Sodium 183.5mg

7%

Total Carbohydrate 0.1g

0%

Dietary Fiber 0.0g

0%

Sugars 0.0 g

0%

Protein 14.1g

28%

Variations:

- For the hot sauce, use sambal asli.

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Tsumire - Japanese Nabe Meatballs

Prep Time: 10 mins

Total Time: 15 mins

Servings: 4



Ingredients

1 lb. ground chicken

1/4 cup miso

1/4 cup sake

1/4 cup fresh ginger, grated

1 egg

Flour or starch, as needed

Green onion, chopped

Directions

- 1. Incorporate the sake with miso and blend until miso is completely dissolved.*
- 2. Combine the rest of ingredients in a bowl and knead until well blended. Add in sake mixture and blend again.*
- 3. Drop spoonful of meatball mixture into the simmering nabe stock and let meatballs boil until cooked through.*
- 4. Serve and enjoy!*

NUTRITION FACTS

Serving Size: 1 (163 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 210.7

Calories from Fat 51

24%

Amount Per Serving

% Daily Value

Total Fat 5.7g

8%

Saturated Fat 1.4g

7%

Cholesterol 125.9mg

41%

Sugars 1.1 g

Sodium 733.6mg

30%

Total Carbohydrate 6.3g

2%

Dietary Fiber 1.0g

4%

Sugars 1.1 g

4%

Protein 28.0g

56%

Variations:

- Use ground chicken, 2 tsp. of flour and one Tbsp. of panko. Let mixture chill for at least an hour before adding it up with sake mixture.

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