

Meatballs alla Parmigiana

Meatballs:

- 1.5lbs ground beef (80/20)
- 2 Tbl fresh parsley, chopped
- 3/4 cup grated parmesan cheese
- 1/2 cup almond flour
- 2 eggs
- 1 tsp kosher salt
- 1/4 tsp ground black pepper
- 1/4 tsp garlic powder
- 1 tsp dried onion flakes
- 1/4 tsp dried oregano
- 1/2 cup warm water

Parmigiana:

- 1 cup *easy keto marinara sauce* (or any sugar free store bought marinara)
- 4 oz mozzarella cheese

Instructions:

Meatballs:

1. Combine all of the meatball ingredients in a large bowl and mix well.
2. Form into fifteen 2" meatballs.
3. Bake at 350 degrees (F) for 20 minutes OR fry in a large skillet over medium heat until cooked through. Pro-tip – try frying in bacon grease if you have any – it adds another level of flavor. Frying produces the golden brown color shown in the photos above.

For the Parmigiana:

1. Place the cooked meatballs in an oven safe dish.
2. Spoon approximately 1 Tbl sauce over each meatball.
3. Cover with approximately 1/4 oz of mozzarella cheese each.
4. Bake at 350 degrees (F) for 20 minutes (40 minutes if meatballs are frozen) or until heated through and the cheese is golden.
5. Garnish with fresh parsley if desired.

