



Paleo Beef Meatballs*

INGREDIENTS

- 1 lb ground beef
- 2T. ground flax seed
- 2T. coconut flour
- 2T. almond flour
- 1/4 c. shredded zucchini (squeeze out water before measuring) OR
1/4 c. finely chopped mushrooms
- 1 egg
- 2 T. finely minced onion
- 1 clove garlic, minced
- 1/2 t. salt
- 1/4 t. pepper

DIRECTIONS

1. Preheat oven to 385 degrees.
2. Mix all ingredients together.
3. Create 1-1/2" meatballs and place on an ungreased cookie sheet.
4. Bake for 12-14 minutes, flipping each ball once half way through cooking.
5. Drain meatballs on paper towels.

These are delicious simmered in your favorite tomato sauce for 15 minutes for a quick spaghetti night (or simmer for an hour to create a richer sauce).

*From: Gluten Free Empowerment

<http://glutensolution.blogspot.com/2012/07/paleo-beef-meatballs.html>

Prep: 15 m
Cook: 12-14 m
Ready In: 30 m