

Gluten & Dairy Free Meatballs

Servings: 6-8

Prep time: 15 min

Cook time: 18 min

INGREDIENTS

- 1 lb of ground beef
- 1/2 an onion finely chopped
- 4 garlic cloves minced
- 1 egg
- 1 teaspoon of salt
- 1/2 teaspoon of pepper
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of garlic powder
- 2 tablespoons of dried parsley
- 1/3 cup of oat flour



DIRECTIONS

- First, preheat the oven to 375 degrees Fahrenheit.
- Next, Finely chop or grate half an onion. Then, add it to a large bowl.
- Mince 4 cloves of garlic and add them to the bowl. If you do not have a mincer, then chop the garlic as small as possible.
- Add 1 teaspoon of salt, 1/2 teaspoon of pepper, 1/2 teaspoon of onion powder, 1/2 teaspoon of garlic powder, and 2 tablespoons of dried parsley to the bowl.
- Then, add 1 egg and a 1/3 cup of oat flour.
- Mix with a fork until all the ingredients are combined.
- Add 1 pound of ground beef and use your hands to mix everything together.
- Line 2 baking sheets with parchment paper or one extra-large baking sheet. Use a baking sheet with an edge so that any grease from the meatballs does not drip onto your oven.

Directions continue on the next page



Recipe by: Juliana Steiger of Steiger Family Farms

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DIRECTIONS

- Then use your hands to shape the meat into balls. Keep them as uniform in size as possible.
- Space them evenly on the pan.
- Bake for 18 minutes.
- Serve with your favorite gluten free pasta, roasted spaghetti squash, or with your favorite BBQ sauce and a few sides.

NOTES:

If you make large meatballs, increase your baking time.
