

Meatballs in Tomato Sauce Over Brown Rice

SERVES 4

Ingredients

FOR MEATBALLS

- ¼ cup of **breadcrumbs**
- 2 teaspoons **oregano**
- 2 teaspoons **garlic powder**
- 1 teaspoon **salt** (optional)
- 1 pound **ground beef**
- 2 tablespoons plain **Greek yogurt**

FOR SAUCE

- 1 tablespoon **olive oil**
- 1 onion** | diced
- 1 carrot** | peeled and diced
- 2 tablespoons **tomato paste**
- 1 14.5-ounce **diced tomatoes**
- 1 teaspoon **garlic powder**
- 1 teaspoon **oregano**
- 1 tablespoon **balsamic vinegar**

GRAINS








- 2 cups cooked **brown rice**

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rice recipe
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MIX IT UP AND MAKE IT YOUR OWN

- To make this an even more veggie packed dish, you could add 1/4 cup of shredded carrots and onions to the meatball mixture. This would add more moisture and flavor to your meatballs as well. You could also add more veggies to your sauce. Diced zucchini, fennel or bell peppers would only make this a more delicious and nutrient-packed meal.
- This recipe features ground beef. However, you can easily substitute ground turkey or chicken for the beef.
- Try fish! Simple tilapia fillets, simmered in the tomato sauce until cooked through, are absolutely delicious. You could also stir 10 ounces of canned tuna fish into the sauce.
- If you are avoiding meat altogether, you can make the meatballs using smashed cannellini beans or chickpeas, just add two additional tablespoons of plain Greek yogurt to help bind.
- This recipes uses oregano and garlic, which are classic flavors for meatballs with tomato sauce. You can certainly choose different spices to mix it up. Choose your favorites.

EQUIPMENT

-  Medium bowl
-  Measuring cups
-  Measuring spoons
-  Baking sheet
-  A large pan
-  Spatula
-  Small bowl

Directions

- 1 Preheat oven to 400°. Drizzle a small amount of **olive oil** onto a baking sheet and spread around to coat the pan.
 - 2 Measure **all the meatball ingredients** into a bowl and use your hands mix them together. Form the meatball mixture into 12 balls and place on the baking sheet.
-  Bake them for 5 minutes.
- 3 Flip your meatballs with a spatula.
-  Bake for another 8 to 10 minutes until the meatballs are cooked through and reach an internal temperature of 165 degrees.
- 4 While the meatballs are cooking, prepare sauce. Heat a large pan over medium-high heat. Add the oil to the pan to coat the bottom, followed by the **onions** and **carrots**.
-  Allow the vegetables to cook for 3–5 minutes, or until onions become translucent.
- 5 Add the **tomato paste, tomatoes, spices, vinegar** and **½ cup of water**.
-  Reduce heat to a simmer and allow it to cook for 5–10 minutes, adding water ¼ cup at a time if the sauce becomes too dry.
- 6 When the meatballs are cooked, add them to the sauce and toss to coat. Serve 3 meatballs with a ¼ of the sauce over ½ cup of cooked brown rice. Enjoy!
 - 7 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories **430**
 per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15g	19%	Total Carbohydrate 45g	16%
Saturated Fat 5g	24%	Dietary Fiber 4g	16%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
Sodium 360mg	16%	Protein 28g	
Vitamin D 0.2mcg 0% • Calcium 70mg 6% • Iron 4.1mg 25% Potassium 700mg 15% • Phosphorus 360mg 30%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND BEEF 90/10, TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], BROWN RICE, TOMATO PASTE [VINE-RIPENED TOMATOES, CITRIC ACID], GREEK WHOLE MILK YOGURT [MILK, CREAM, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, LIVE YOGURT CULTURES (ACIDOPHILUS, BIFIDUS, L. BULGARICUS AND S. THERMOPHILUS), VITAMINS A, D3], BALSAMIC VINEGAR [WINE VINEGAR, CONCENTRATED GRAPE MUST, CARAMEL COLOURING, CONTAINS SULFITE], OLIVE OIL, GARLIC POWDER, OREGANO, SALT, BREADCRUMBS, ONION, CARROT