



MEATBALLS

Chefsville
kids

Ingredients

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|--|--------------------------|
| 1 LB lean ground beef (Chuck) | ¼ C whole Oats |
| 1 clove of garlic | Salt and Pepper to taste |
| ¼ large Onion diced small | |
| ¼ C extra virgin Olive Oil or Canola Oil | |



Directions

1. Turn on stove to medium heat. Place a sauté pan on heat.
2. Place ground beef into a mixing bowl at least twice the size of the beef.
3. Dice onion and sauté it in 1 teaspoon olive oil, pinch of salt and pepper for 5 minutes on medium heat stirring every minute. While onions are cooking they will get soft and sweet.
4. Smash a clove of garlic on a cutting board. Sprinkle ½ teaspoon of salt on the smashed garlic and mash it until it's a paste. Add mashed garlic in with the beef.
5. Let onions cool for 5 minutes. Add onions to the beef stir and add the whole oats and ¼ to ½ teaspoon pepper. Mix beef mixture by hand.
6. Form meatballs. I use a Chinese soup spoon as a scoop. Then I round the meatball out. Place pan back on stove over medium heat and add a little oil to the pan (1 teaspoon olive oil). Do not overcrowd the pan with too many meatballs. Brown them by rolling them in the pan every two minutes.
7. Once a brown crust forms on the outside of the entire meatball, place meatballs in a pot of pasta sauce. Pot should be filled only ¼ way with sauce, after meatballs are added, then add more sauce and cover. Cook covered for 20-40 minutes over medium low heat.
8. Serve with great pasta and cover with fresh basil and freshly grated cheese like parmesan or asiago. Enjoy a comforting, healthy satisfying meal with a salad.

Meatballs can be stored away with the pasta sauce and stored in the refrigerator for up to 3 days.

Makes about 6 servings

Prep time: 10 minutes
Cooking Time: 10 minutes