

Beef and Rice Meatballs

Yield: 6 servings

Serving Size: 2 meatballs + ¾ cup sauce

Ingredients:

- 1 pound lean ground beef
- 2 cups cooked brown rice
- 1 egg
- 3 cups low-sodium spaghetti sauce
- 2 cups water

Directions:

1. In a mixing bowl, mix beef, rice, and egg together until combined.
2. Make 12 equal sized meatballs.
3. In a soup pot with a lid, add spaghetti sauce and water. Stir together until combined.
4. Gently place meatballs in spaghetti sauce. Cover with a lid, and cook over medium heat for 20-30 minutes, or until meatballs are fully cooked. (Use a meat thermometer to check that they reach 165°F.)
5. Serve with a side of your favorite vegetables, such as fresh green beans.

Nutrition Information per Serving:

Calories 323, Fat 9g, Protein 20g,
Carbohydrate 35g, Fiber 3g,
Sodium 152mg

