



Easy Meatballs



Ingredients



Adapted from *FoodHero.org*

- 1 pound ground beef
 - 1/2 cup uncooked brown or white rice
 - 2/3 cup non-fat milk
 - 1 egg, slightly beaten
 - 1/2 cup chopped onion (1/2 medium onion)
 - 1/2 cup shredded carrot
 - 1/2 teaspoon salt
- Sauce**
- 1 can (10.5 oz) condensed soup
 - 3/4 cup nonfat or 1% milk



Directions



Yield: 24 meatballs **Serving size:** 3

1. Preheat oven to 350 degrees. Lightly spray or oil a shallow baking dish (9" x 13" x 2") with cooking spray.
2. Combine beef, rice, milk, egg, onion, carrot, salt and pepper. Use a spoon to form 24 meatballs and place in baking dish.
3. In a separate bowl, combine soup and milk to make the sauce. Mix well. Pour sauce over meatballs.
4. Cover pan tightly with foil. Bake for 1 hour.
5. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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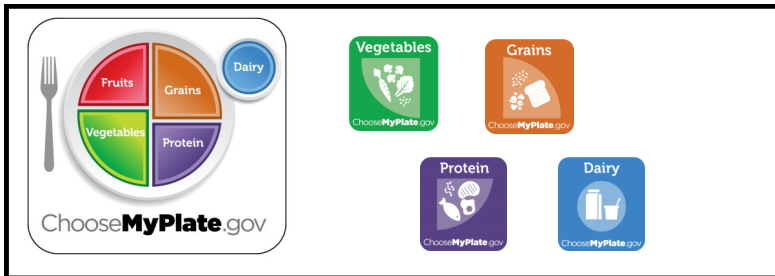
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Fast Facts



Featured Food Groups



Cooking Tips



- Try using uncooked quick cooking or old fashioned rolled oats instead of rice!
- Substitute peas for carrots or other frozen veggies
- Condensed soup options:

Nutrition Facts

Serving Size 3 meatballs (151g)
Servings Per Container 8

Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 360mg	15%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 14g	
Vitamin A 30%	Vitamin C 6%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

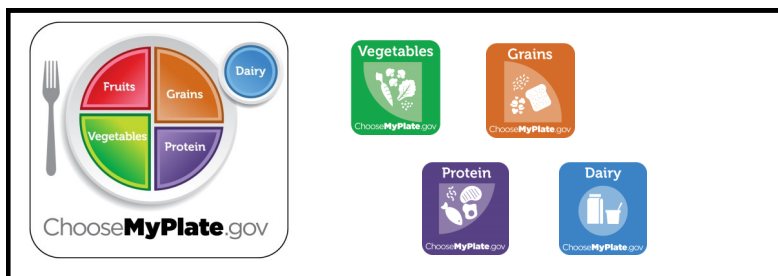
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