

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Katie's Meatballs

Ingredients:

- 2 pounds ground beef
- one egg
- 3T Italian spice blend
- 1T garlic powder
- 3T olive oil
- 2 tsp salt

Directions:

- Mix ingredient and roll into balls.
- Bake 350 for about 25 minutes on a broiler pan. If you have a mini thermometer you can judge better and not overcook.
- Serve with spaghetti sauce over "sauteed green bean noodles."