

Meat Balls

Ingredients

- 12 oz lean ground beef
- 1/4 cup canned pinto beans, low sodium
- 1/4 cup canned diced tomatoes, no salt added
- 2-1/2 tbsp onions, chopped
- 1 tbsp green bell peppers, chopped
- 2 oz shredded mozzarella cheese, low fat
- 1/4 cup seasoned bread crumbs
- 1/8 tsp pepper
- 1/8 tsp oregano

Directions

1. Combine all ingredients into a large mixing bowl and stir until all ingredients are fully incorporated.
2. Form meat balls using 2-1/2 tbsp of beef mixture for each. Place onto a baking sheet lined with parchment paper.
3. Bake at 350° F for 20 minutes or until internal temperature reaches 165° F.

Notes

Number of Portions: 4

Serving Size: 4 meat balls

Nutrition Facts: 307 calories, 20.48 g fat, 8.72 g saturated fat, 338 mg sodium, 9.9 g carbohydrate, 1.47 g fiber, 1.2 g sugar, 19.74 g protein

