

Italian Style Meatballs

This recipe makes about 10 meatballs

Have the kids help roll these meatballs
to make this a fun hands-on meal



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Nutrition and Meal Ideas:

Caribou, moose, and beef are good sources of iron. Iron is important for growth, energy and healthy blood.

When frying ground meat you can drain the fat off after cooking, this will make the meal healthier.

These meatballs go well with rice or pasta, and a side of green vegetables.

Nutrient Analysis:

Per meatball: 85 Calories; 6 g Protein;
5 g Fat; 4 g Carbohydrate

Kitchen Tips:

- Ground caribou or moose can be used instead of ground beef
- Try baking the meatballs on a tray in the oven instead of frying them. They will hold together better and be lower in fat.
- Make double the amount of sauce if you like saucy meatballs

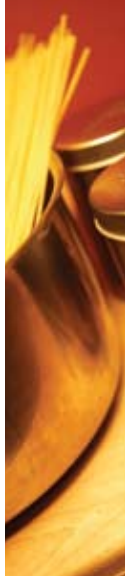
This recipe was adapted and reprinted with permission from *The Basic Shelf Cookbook*

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Recipe Ingredients:

- ½ lb. ground beef
- ¼ cup rolled oats
- 2 tbsp ketchup
- 2 tbsp finely chopped onion
- 2 eggs beaten
- 1 tsp Italian seasoning
- ½ tsp salt
- ½ tsp pepper
- 2 tsp vegetable oil
- ¼ cup water
- ⅛ tsp dry mustard
- 2 tbsp ketchup



Easy Cooking Directions:

1. Put beef, oats, ketchup, onion, eggs, Italian seasoning, salt and pepper in a large bowl. Mix well.
2. Shape meat mixture into ten small balls.
3. Turn on stove to medium-high heat. Put oil in a small fry pan. Add the meatballs. Cook and gently turn until browned on all sides. Turn heat to low. Cover and cook 10 to 15 minutes. Drain off fat.
4. Mix ketchup, water and mustard in a small bowl. Pour over meatballs. Cover and cook 5 minutes longer.



Time to Prepare:
About 45 minutes