

# Mediterranean Style Meatballs



**PREP TIME:**  
15 MINUTES

**COOK TIME:**  
15 MINUTES

**TOTAL TIME:**  
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 12-15 Meatballs

## **Pesto Ingredients:**

- 1 lb. Organic Grass Fed Ground Beef
- ¼ Cup Ground Flaxseed
- ½ Cup Minced Baby Spinach
- 3-5 Garlic Cloves Minced
- ¼ Cup Red Onion Minced
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 1 Teaspoon Thyme
- 2 Teaspoon Cumin
- 1 Teaspoon Turmeric
- ½ Teaspoon Paprika
- 1 ½ TBSP - Tahini
- ¾ Teaspoon Himalayan Sea Salt
- 1 Egg
- Cracked Pepper to Taste
- 2 TBSP Extra Virgin Olive Oil
- **Optional: Add ¼ Cup Pitted Kalamata Olives – Minced / 1 TBSP Goat Cheese / 1 TBSP Hummus**

## **Instructions:**

1. In a large mixing bowl add all the above ingredients minus the oil. Mix with hands until combined.
2. Roll meatballs – size should be 1 ½ - 2-inch diameter.
3. Heat large sauté pan – add 2 tablespoons of olive oil.
4. Add meatballs to pan and rotate around so browns on all sides. Cook approximately 10 minutes. Put lid on pan the last 2 minutes to ensure center cooks. Place on paper towel lined plate to soak up oil.
5. Serve with your favorite roasted veggies, on a bed of spinach and chopped fresh veggies & hummus.

**\*Try and use all organic ingredients if possible.**