

Beef & Quinoa Meatballs

- 1 Pound of ground beef 80/20 blend
- 1 cup of quinoa
- 3 tbsp of minced garlic
- 2 tbsp of minced carrot
- 2 tbsp of minced onion
- 2 tbsp of chopped Italian Parsley
- ¼ cup worcestershire sauce
- 1 tbsp tabasco sauce
- 1 tbsp kosher salt
- 1 tbsp black pepper

Mix all the ingredients together in a large bowl then roll by hand the desired size of meatball you like.

Sear the meatballs in a large pan with your desired cooking oil, then finish cooking the meatballs in the oven set at 350 degrees for 15 minutes.

Once the meatballs are finished cooking they can be served with any sauce.

