

YIELD: 6

MOZZARELLA STUFFED MEATBALLS - KETO AND GLUTEN FREE

Mozzarella Stuffed Meatballs - Keto and Gluten Free

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	20 minutes	30 minutes

INGREDIENTS

Ingredients

- 1 pound ground beef, 85% lean
- 1 cup finely chopped onion
- 1 large egg
- 2 tablespoons heavy cream
- 1 teaspoon garlic powder
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 6 ounces mozzarella, cut into 12 small cubes
- 1 cup crushed tomatoes or marinara sauce
- 2 tablespoons chopped parsley
- ¼ cup parmesan cheese, grated.

INSTRUCTIONS

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1. Preheat oven to 350 degrees.
2. Add the ground beef, chopped onion, egg, cream, garlic powder, basil, and oregano to a medium mixing bowl and mix well to combine.
3. Separate the meatball mixture into 12 portions and form each piece into a small ball.
4. Push a piece of cheese in the center of each ball and carefully fold the edges up around the cheese to seal it in.
5. Place the meatballs on a greased, 9x13 baking dish.
6. Bake for 15-20 minutes.

7. Remove meatballs from the oven and spoon the marinara evenly over each meatball. Sprinkle with parsley and parmesan cheese just before serving.

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CUISINE: Italian / **CATEGORY:** Main Course

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