

# LOW SODIUM MEATBALLS

## EQUIPMENT

- Mixing bowl
- Wooden spoon
- Large pot or baking sheet

## INGREDIENTS

- 1 ½ pounds lean ground beef
- 2 eggs
- ½ cup low sodium panko breadcrumbs
- 4 gloves garlic minced
- ½ cup fresh parsley chopped
- 1 tablespoon low sodium Worcestershire sauce
- 1 tablespoon Italian seasoning salt free
- 1 tablespoon onion powder salt free
- 1 tablespoon brown sugar
- Pinch red chili flakes optional

## DIRECTIONS

1. In a large boxing bowl, add all ingredients and mix well with a. Wooden spoon or your hands until the mixture is well combined.
2. Take 2 tablespoons or so of the mixture, roll it into a ball, and place on a plate. Repeat until all the meatballs are formed.
3. To cook in sauce- bring a lot of low sodium tomato sauce to a simmer, submerge the meatballs in the sauce, and cook on low heat for 1 hour until meatballs are cooked through.
4. To bake - heat the oven to 425 degrees Fahrenheit. Add the meatballs to a sheet pan and bake for 20-25 minutes until cooked through. Toss with sauce or enjoy with pasta.

## NUTRITION INFORMATION

Calories: 72 | Carbohydrates: 3g | Protein: 9g | Fat: 2g | Saturated Fat: 1g | Sodium: 42mg | Potassium: 168mg | Fiber: 0.3g | Sugar: 1g | Vitamin A: 172IU | Vitamin C: 3mg | Calcium: 20mg | Iron: 1mg