



The Wholeness Chef

Meatballs

Who doesn't love meatballs? They're so great, and versatile, and these meatballs are gluten and dairy-free. Meatballs can be used over zucchini noodles, spaghetti squash, regular noodles or just as a side dish dipped in BBQ sauce or marinara sauce. I love using meatballs in our kids' lunches. They're easy to pack for school and they freeze well so I can make a big batch and use them later in the week when I may not have as much time for meal prep. So let's get started and make those meatballs!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients: (all should be organic if possible)

- 1-1 1/2 lbs Grass-fed Beef, Bison, Elk, Venison, Turkey, Chicken, lamb or combination of a few meats
- 1 handful (about 1/3 cup) Chopped Parsley
- 1 Tsp dried Oregano (or 1 Tbsp fresh, chopped)
- 1 Tsp dried Basil (or 1 Tbsp fresh, chopped)
- 1/4 cup finely minced Onion
- 1/3 cup Gluten Free Quick Oats
- 1 medium Carrot, finely shredded
- 1 small Zucchini, shredded
- 1 Tsp Salt (Himalayan, Redmond Real Salt or Sea Salt)
- 1/2 Tsp Pepper
- 1 Tbsp Extra Virgin Olive Oil (if using lean meat like venison, eld, or ground turkey)

Directions:

1. Preheat oven to 350°F.
2. Combine all ingredients in a large mixing bowl and mix just until combined. Be careful to not over mix.
3. Form 1 heaping tablespoon-sized meatball and place on rimmed baking sheet. Continue making meatballs and placing on baking sheet.
4. Bake for 15 to 20 minutes, until center of meatball is not pink.
5. Serve over zucchini, spaghetti squash noodles, or gluten free noodles. Can also be used in lettuce wraps or just dipped in marinara sauce. These freeze well so make a big batch and then can thaw for quicker week night meal preparation.