

# Recipe for

## KETO MEATBALLS

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FROM THE KITCHEN OF  
*Delicious Determination*

### DETAILS

SERVES: 40 BITE SIZE MEATBALLS  
PREP TIME: 10-15 MINUTES  
COOK TIME: 25-30 MINUTES  
TOTAL TIME: 35-45 MIN.  
OVEN TEMP: 400 DEG.

### INGREDIENTS

2.25 LBS GROUND BEEF  
1 CUP PARMESAN CHEESE  
2 LARGE EGGS

### DIRECTIONS

- 1) COMBINE ALL INGREDIENTS IN A LARGE BOWL
- 2) SEPARATE, ROLL INTO 24 LARGE BALLS
- 3) PLACE ON BAKING SAFE TRAY OR DISH
- 4) BAKE FOR 25-30 MINUTES IN 400 DEGREE OVEN
- 5) SERVE WITH FAVORITE GRAVY OR DIPPING SAUCE

### TIPS

- IF FORMING BALLS BY HAND, MAKE LARGER TO SAVE TIME- THIS MAY REQUIRE A LONGER COOK TIME
- DOUBLE OR TRIPLE THE BATCH AND FREEZE THE EXTRAS AFTER BAKING FOR A QUICK AND EASY MEAL LATER