

# SECOND CHANCE MEATBALLS

**GRUNDIG**  
RESPECT FOOD

Meatballs can be made a day in advance and cooked up to 24 hours later. Or, bake immediately and refrigerate for up to three days before reheating. Your basic recipe can easily be converted to one that is more planet friendly by substituting  $\frac{1}{2}$  your meat with grains.  
Storage: Refrigerate with or without sauce, for up to three days.

## Ingredients

$1\frac{1}{2}$  cups (355 ml) cooked farro; quinoa, brown rice  
1 pound (453 g) lean ground meat. Use a 80:20% of fat from shoulder or butt  
1 egg, beaten  
1 teaspoon parsley minced  
 $\frac{1}{2}$  teaspoon garlic powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon black pepper

## Instructions

1. Preheat the oven to 450°F (232°C)
2. In a large bowl combine all ingredients, mixing ingredients well
3. Gently form mixture into 1 tablespoon balls and place them on a large rimmed baking sheet.
4. Bake until cooked through, 18-22 minutes, flipping each meatball over halfway through for more even browning.
5. Remove from heat and add to sauce or chill to refrigerate or freeze

## BEEF + FARRO MEATBALLS

Make the meatball recipe with beef and farro

- Sliders: Dress the meatballs with tomato sauce, mozzarella cheese and basil
- BBQ: Dress the meatballs in your favorite sweet or spicy sauce, serve with crumbly blue cheese and herbs

## LAMB + RICE MEATBALLS

Make the meatball recipe with lamb and brown rice, add 4 ounces (113g) of golden raisins

- Skewer the meatballs, brush with olive oil and place on grill to warm
- Serve with Almond Mint Pesto or Greek yogurt with lemon juice, mint and flaky salt

