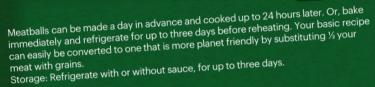
# SECOND CHANCE MEATBALLS

## GRUNDIG RESPECT FOOD



1½ cups (355 ml) cooked farro; quinoa, brown rice 1) eaps (333 mi) cooked fairly, quinea, brown file 1 pound (453 g) lean ground meat. Use a 80:20% of fat from shoulder or butt

1 teaspoon parsley minced

½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon black pepper

### Instructions

1. Preheat the oven to 450°F (232°c)

2. In a large bowl combine all ingredients, mixing ingredients well If a large bowr combine air ingredients, mixing ingredients well
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

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

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

