



Easy Keto Meatballs

We love this simple Keto Dinner Recipe! You can make the meatballs ahead and then reheat them for dinner, or just bake it all at once! We love to pour pasta sauce on top and eat them plain, serve them on palmini pasta or riced cauliflower.

Recipe:

1 Pound Ground Beef
1 T Parsley
1 tsp Italian Seasoning
½ C Parmesan
⅓ C Almond Flour
Salt and Pepper to taste
1 Egg
⅓ Cup Water
4 oz Mozzarella Cheese (cubed or shredded)



Mix all ingredients together (except for Mozzarella). Roll into 12 meatballs and bake at 350 for 20 minutes.

You can then save them for later (freeze is ok). When you're ready to eat, cook for another 10 min at 350 to melt the cheese and heat them up!

The Keto Dad Tips and Tricks:

- Mozzarella cheese: cube it and cook it on the inside, grate it and sprinkle it on top, slice it and melt it on top!
- We often use dried parsley because it's easier, but you can use ¼ cup fresh parsley instead!
- Meal prep - make them and refrigerate for up to three days. Then reheat with sauce and cheese.
- Freeze them (before you add the sauce and cheese). Thaw and add it when you're ready to eat them.

Makes 12 meatballs, serving size 3 meatballs

Calories: 471, Fat: 34g, Carbs: 5g, Fiber: 2g, (Net Carbs 3) Protein: 37g

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