

Dinner – Paleo

Greek-Style Meatballs



SERVES: 4 PREP: 20 min. COOK: 25 min.

Ingredients

1 ½ lbs. ground beef or lamb

1 egg, beaten

2 garlic cloves, minced

¼ cup fresh parsley, minced

2 tbsp. tomato paste

1 tbsp. dried oregano

1 tsp. dried mint

Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 350° F.

2. In a bowl, combine the ground meat, egg, parsley, garlic, tomato paste, oregano, mint, and season with salt and pepper to taste.

3. Mix with your hands until everything is well combined.
4. Form the mixture into equally sized meatballs using your hands or an ice cream scoop.
5. Place the meatballs on a baking sheet and cook in the preheated oven for 20 to 25 minutes.