



# Anytime Meatballs

## PREP TIME

20 min

## TOTAL TIME

40 min

## Nutrition Information Per Serving

Makes 10 servings

### FAT

43g

### PROTEIN

32g

### CARBS

2g

### CALORIES

524

*Note: nutrition information will vary based on leanness of ground beef and sausage links.*

## Ingredients

---

½ lb shredded cheddar cheese

---

3 large eggs

---

32 oz sausage links (casings removed) or ground sausage

---

2 Tbsp chopped onions

---

1 lb ground beef

---

## Instructions

1. Preheat oven to 375 degrees.

2. Combine all ingredients in a bowl.
3. Shape into 30, 1½ oz meatballs using your hands or a cookie scoop.
4. Place meatballs on foil or parchment-lined baking sheet.
5. Bake for 20 minutes or until fully cooked.

### **Pro Tip**

Add cilantro, jalapenos and shallots for a different flavor profile.

*Adapted from <https://www.fatsecret.com/recipes/breakfast-meatballs/Default.aspx>*