



*cara price*

## ITALIAN COCKTAIL MEATBALLS

### INGREDIENTS

#### for the meatballs:

- 1/2 pound lean ground beef or venison
- 1/2 pound italian pork sausage {try to find sugar free}
- 1/3 cup almond flour
- 1 egg
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon allspice

#### for the sauce:

- 1 cup tomato sauce
- 1/4 cup water
- 3 tablespoons tomato paste
- 1 tablespoon honey
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon italian seasoning
- 3/4 teaspoon salt
- 1/4 teaspoon each: onion powder, allspice, pepper

### DIRECTIONS

preheat the oven to 350° & line a cookie sheet with parchment paper.

In a large mixing bowl, place beef, pork sausage & egg. mix well.

add in almond flour, garlic & seasonings. mix again, making sure spices are evenly distributed.

using a medium cookie scoop, scoop out meat mixture & roll into a ball, placing it on the parchment lined cookie sheet.\*bake meatballs 15-18 minutes.

while the meatballs are baking, combine all of the sauce ingredients together in a medium saucepan. using a whisk is the best way to do this.

heat over medium, just until it begins to boil & then turn the heat down to low until meatballs are done. stir occasionally. once the meatballs are done, transfer to serving dish & evenly pour sauce over them for serving.

\*these meatballs can be made up 24 hours in advance of baking & they are great as leftovers once cooked!