



NOI'S GLUTEN-FREE ITALIAN MEATBALLS

INGREDIENTS

- 2 lbs ground sirloin (can also use a mix of sirloin, pork and veal)
- ½ tspn kosher or sea salt
- ½ tspn ground pepper
- ½ tspn onion powder
- ½ tspn garlic powder
- 1 tbsp chopped fresh parsley
- 2 tbsp chopped fresh basil
- 1 tspn chopped fresh oregano
- ½ cup gluten-free plain breadcrumbs (we use Glutino Breadcrumbs)
- ½ cup grated Locatelli or Kraft Parmesan cheese
- 2 eggs – medium size - lightly beaten

INSTRUCTIONS

1. Pre-heat oven to 350°F
2. Place ground meat in a large bowl. Add all seasoning, herbs, breadcrumbs, cheese and eggs.
3. With clean hands mix all ingredients until seasonings are evenly distributed. (Should be moist.)
4. Scoop up a small palm size amount of meat mixture and roll into a meatball. Place onto non-stick baking pan or aluminum foil lined baking pan.
5. When all meatballs are formed, cover with foil and place into preheated 350° oven for 45 minutes.
6. If marinara is prepared, remove meatballs from pan and drop directly into sauce. Cook on low heat, simmering for 30-40 minutes.
7. Serve over GF pasta and enjoy!

*This recipe serves about 8 people. When I don't want to freeze my extras, I simply cut all ingredients in half for a serving of 4.

For your gluten-free pasta needs try:

Tinkyada brown rice noodles

or

Bionaturae GF Pasta - PINK BAGS only!!! (green and blue contain Gluten!! DANGER!!!)

They have all kinds of pasta: penne, spaghetti, fusilli, rigatoni, linguine.... Yum!