

Easy meatballs



Recipe credit

Oregon SNAP. OSU Extension Service

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About this recipe

Serves

8

Serving size

3 meatballs

Time to make

10 minutes preparation; 60 minutes cook time

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1 pound lean ground beef (15% fat)
- ½ cup uncooked white or brown rice
- ⅔ cup nonfat or 1% milk
- 1 egg, lightly beaten
- ½ cup chopped onion (¼ medium onion)

- ½ cup shredded carrot
- ½ teaspoon salt
- ¼ teaspoon pepper

Sauce

- 1 can (10.5 ounces) condensed soup (try tomato, cream of mushroom or other flavors)
- ¾ cup nonfat or 1% milk

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a 9x13-inch baking dish.
3. Combine beef, rice, milk, egg, onion, carrot, salt and pepper. Use a spoon to form 24 meatballs and place in baking dish.
4. In a separate bowl, combine soup and milk to make the sauce. Mix well. Pour sauce over meatballs.
5. Cover pan tightly with foil. Bake for 1 hour.
6. Refrigerate leftovers within 2 hours.

Tips and variations

- Try using uncooked quick cooking or old fashioned rolled oats instead of rice!

Recipe video

Nutritional info

Calories

200

Total fat

7g

Saturated fat

2.5g
Cholesterol
60mg
Sodium
350mg
Total carbohydrates
19g
Dietary fiber
1g
Protein
14g
Total sugar
6g

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