

to healthier, happier you

Looking for a delicious and satisfying meal that's ready in just 20 minutes?

### This Italian meatballs recipe

is not only quick and easy to prepare but also perfect for meal prep.

Let's dive into the simple steps:

#### INGREDIENTS for 1 portion:

##### Meatballs:

175g of raw ground beef or ground turkey  
1 garlic clove grated  
2 egg yolks  
30ml of milk  
20g of parmesan cheese  
1 tsp of salt  
1 tsp of black pepper  
1/3 cup of chopped parsley or basil  
1 cup of white bread (crust removed)

##### Sauce:

1/2 onion chopped  
1 garlic clove chopped  
1 tomato chopped  
1 tsp of rosemary  
1 tsp of Italian Seasoning  
1 cup of beef / bone broth  
1 cup of tomato purée  
parsley to garnish

##### Mashed Potatoes:

190g raw potatoes (peeled)  
1/3 cup of milk (you might need to adjust)  
1 tsp of salt  
1 tsp of nutmeg

#### INSTRUCTIONS:

Add the potatoes in a pot of water, boil and cook the potatoes until tender, about 15 minutes. Drain the potatoes and return them to the pot, add nutmeg, milk, salt, and pepper and mash them with a potato masher/fork until they are smooth and creamy.

In a mixing bowl, add the ground beef, breadcrumbs, egg yolks, parmesan cheese, grated garlic, chopped parsley, salt, and pepper. Mix well until everything is well combined. Shape the mixture into small meatballs.

Heat the olive oil in a non-stick skillet over medium heat. Add the meatballs to the skillet and cook for about 5-7 minutes, until they are browned on all sides and cooked through. Remove the meatballs from the skillet and set them aside. In the same skillet, add the chopped onion, garlic, chopped tomatoes, salt, rosemary. Stir well and let the sauce simmer for about 5 minutes. Add the cooked meatballs back to the skillet and cook for an additional 2-3 minutes to heat the meatballs through.

Serve the Italian meatballs with the tomato sauce on top with the mashed potatoes on the side and garnish with additional chopped parsley and grated Parmesan cheese if desired, and ENJOY!

**arise**

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