

Meatballs with Zucchini Noodles (gf, df, egg-free)



Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion, finely chopped
- 3 cloves of garlic, grated or finely minced
- 1 medium carrot, finely chopped
- 1 pound ground bison or beef
- 2 eggs (can omit if you cannot tolerate eggs)
- 1/2 cup packed finely chopped fresh parsley (about 1/4 of a bunch of fresh parsley)
- 2 teaspoons salt
- 1 teaspoon pepper

- 1 teaspoon dried Italian herb seasoning
 - 1 jar of your favorite marinara sauce
 - 1-2 medium spiralized zucchini
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Directions:

1. In a large mixing bowl, combine all the ingredients. Add olive oil, onions, garlic, spices, and a pinch of salt and pepper.
2. Make sure all the veggies are very finely chopped/diced.
3. Heat a medium-size skillet over medium heat.
4. Scoop out meatballs with a tablespoon and use hands to roll into balls. Place meatballs on the preheated skillet and sautee the meatballs for 5 minutes on each side.
5. Once they are golden brown, add your favorite no-sugar-added marinara sauce.
6. Serve immediately while warm, topped with your favorite marinara sauce.
7. I love mine on zucchini noodles or on top of the spaghetti squash! Leftovers will keep refrigerated in an airtight container for 5 days, or frozen for 6 months.