

Beef and Liver Meatballs

4 SERVINGS 45 MINUTES



INGREDIENTS

4 ozs Chicken Liver
3 slices Bacon
1 tsp Garlic Powder
1 tsp Onion Powder
1/2 tsp Sea Salt
1 lb Extra Lean Ground Beef
1/4 Yellow Onion (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	323	Iron	5mg
Fat	21g	Vitamin D	7IU
Carbs	2g	Folate	174µg
Fiber	0g	Magnesium	32mg
Protein	31g	Zinc	6mg
Vitamin C	5mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C).
- 02 Add the chicken liver, bacon, garlic powder, onion powder and salt to a food processor and blend until mostly smooth.
- 03 Place the beef in a large mixing bowl. Add the liver mixture and chopped onion and mix until very well combined.
- 04 Form the meat mixture into tightly-packed balls, about 1-inch in diameter. Use damp hands to make rolling easier. Place in a high-sided baking dish.
- 05 Bake for 25 to 30 minutes or until the meatballs are cooked through. Enjoy!

NOTES

RECIPE ID 639

SERVING SIZE

One serving is approximately 5 meatballs.

NO CHICKEN LIVER

Use beef liver instead.