



Mom's Meatballs

Delicious!!!

(makes 20 meatballs)

Ingredients:

- 1/2 lb of grass fed organic beef
- 1/2 lb of sweet italian sausage (casing removed)
- 1 egg
- ¼ cup of rice milk
- 1/2 cup of Panko bread crumbs
- ½ teaspoon of sea salt
- Add pepper to taste
- ½ teaspoon of basil
- 1 teaspoon of oregano
- 1 tablespoon of fresh parsley (optional)
- 3 gloves of fresh garlic pressed
- ¼ cup of freshly grated Parmigiano- Reggiano cheese

Directions:

1. Preheat oven to 400 degrees for the meatballs.
2. Mix all of the meatball ingredients together in a bowl and kneed gently with your hands.
3. Roll with your hands into little 1.5 inch meatballs and place in a foil lined glass pan.
4. Place in the oven for 20 minutes and let rest covered in foil when you pull out of the oven.

(Black Bean & Beet Veggie Burger - page 2)

Directions:

1. Pre-heat Oven to 400 degrees. Peel and chop the beets and place on a tray and bake for 20 minutes or until tender. Keep an eye on them, as you don't want them to shrink and burn!
2. While beets are roasting, rinse $\frac{1}{2}$ cup of quinoa and place in $\frac{3}{4}$ cup of water. Bring to a boil then reduce and simmer for 15 minutes.
3. While the quinoa is simmering, take a cast iron skillet and a tablespoon of olive oil and place on medium heat. Add chopped onions, mushrooms, thyme, salt and pepper and sauté until onions are translucent and mushrooms soft.
3. Once all ingredients are ready, grind up the cashews in your blender or food processor into a fine powder.
4. Add the beets, onions and mushrooms. Process slowly (we use lowest speed on the Vita-Mix machine), stopping to fold the cashew powder into the red mixture.
5. Add the quinoa and then pour the black beans slowly into the center vortex of the mix.
6. Once the texture is hamburger-like, remove and place into a bowl and shape into individual patties. The mixture is sticky and your hands will get red!

Heat an iron skillet with a tablespoon of olive oil and place burgers in. Approximately 5 minutes on each side on medium heat.