

Baked Beef Meatballs

🕒 45 Minutes 🍴 Makes 4 Servings 🍴 8 Ingredients

These meatballs are a smart solution for busy schedules. Prep a batch in advance and use them throughout the week in a variety of meals—pizza, sandwiches, pasta, or soup. With just one prep session, you can create five easy and flavorful meals.

INGREDIENTS:

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup finely chopped fresh spinach
- 1/4 cup seasoned dry bread crumbs
- 2 egg whites or 1 whole egg
- 2 tablespoons water
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

COOKING:

1. Heat oven to 400°F.
2. Combine Ground Beef, spinach, bread crumbs, egg whites, water, garlic, salt and pepper in large bowl, mixing lightly but thoroughly.
3. Shape into twenty four 1-inch meatballs. Place on rack in broiler pan sprayed with cooking spray.
4. Bake in 400°F oven 18 to 20 minutes.

Cook's Tip: For easy clean up, line broiler pan (not rack) with aluminum foil.

FREEZING:

1. Place cooked meatballs in a single layer on a baking sheet.
2. Freeze overnight and repack in resealable freezer bags. Label with the date and return to freezer.
3. Use within 2 months.

THAWING:

Refrigerator

1. Place packaged frozen meatballs in the refrigerator for at least 12 hours.

Microwave

2. Remove the meatballs from any packaging and place them in a microwave-safe container.
3. Use the defrost setting on your microwave, or set it to 20-30% power.
4. Thaw in short intervals, checking and rotating the meatballs every few minutes to ensure even thawing and prevent cooking.
5. Use the meatballs immediately after thawing with this method.

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Turn for Meatball Meal Ideas!



Meatball Soup

1. Combine beans, undrained seasoned diced tomatoes, beef broth, frozen mixed vegetables and water in medium saucepan; bring to a boil.
2. Reduce heat; simmer 5 minutes.
3. Add hot cooked meatballs; continue simmering 5 minutes to blend flavors.
4. Serve with shredded Parmesan cheese, if desired.

INGREDIENTS:

- 12 fully-cooked beef meatballs
- 1 can (15 ounces) rinsed and drained Great Northern or pinto beans
- 1 can (14-1/2 ounces) undrained seasoned diced tomatoes
- 1 can (13-3/4 to 14-1/2 ounces) ready-to-serve beef broth
- 2 cups frozen mixed vegetables
- 1 cup water
- shredded Parmesan cheese



Meatball Pizza

1. Heat oven to 450°F.
2. Spread pizza or marinara sauce evenly over four 8-inch whole wheat pita breads.
3. Carefully cut hot, cooked meatballs in half; place 12 halves on each pizza.
4. Top evenly with shredded mozzarella cheese or Italian cheese blend.
5. Place on 2 baking sheets. Bake in 450°F oven 8 to 10 minutes or until cheese is melted and crusts are crisp.

- 12 fully-cooked beef meatballs
- 1 1/3 cups pizza/marinara sauce
- 4 Pita bread
- 1 cup shredded mozzarella/Italian cheese



Cheesy Meatball Pockets

1. Preheat oven to 400°F. On a lightly floured surface, roll each biscuit into a 6-inch disc (about 1/8-inch thick).
2. Divide meatball slices and place evenly in centers of discs. Top with 2 tablespoons each marinara, tomatoes and cheese. Fold dough over filling, pressing with fork to seal.
Cook's Tip: Brush edge of dough with water to help with sealing.
3. Place pockets on greased, shallow-rimmed baking sheet. Cut slits in dough to vent. Sprinkle tops with remaining cheese and Italian seasoning. Bake 10 to 12 minutes or until golden brown and crispy.
4. Serve with additional marinara or Alfredo sauce, as desired.

- 12 fully-cooked beef meatballs, thinly sliced
- 1 can (16.3 oz) refrigerated biscuit dough
- 1 cup marinara sauce
- 1 cup diced tomatoes, drained
- 1-1/2 cups shredded Italian blend cheese, divided
- 1/2 teaspoon Italian seasoning
- Marinara or Alfredo sauce



Air Fryer Meatball Taquitos

1. Preheat air fryer to 390°F. Meanwhile, combine meatballs, cheese, salsa and taco seasoning in a medium bowl.
2. Place tortillas evenly on work surface; spray both sides with cooking spray. Divide meatball mixture evenly between tortillas. Roll up tightly. Place seam side down, in a single layer, in air fryer basket.
3. Cook 5 to 6 minutes or until browned and crispy. If desired, serve with guacamole, sour cream or additional salsa.
Cook's Tip: For a flavor boost, add chilies, frozen corn or other vegetables to meatball filling.

- 12 frozen fully-cooked beef meatballs
- 2 cups shredded Mexican cheese blend
- 1/2 cup salsa
- 1 tablespoon Taco Seasoning Mix
- 12 corn tortillas, warmed (6-inch diameter)
- Nonstick cooking spray
- Guacamole, sour cream and additional salsa (optional)



Mediterranean Beef Meatball Pita

1. Place hot cooked meatballs in flatbreads.
2. Garnish with toppings, as desired.

- 12-16 fully-cooked beef meatballs
- 4 flatbreads (naan, lavash or pita)
- Toppings: Chopped tomatoes, chopped cucumber, chopped red onion, chopped fresh parsley, feta cheese, olives, Tzatziki sauce