



# Giant Low-Carb Meatballs

## Ingredients:

- 1 lb ground beef (80% lean)
- 1/2 lb ground pork
- 1/2 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1 large egg
- 2 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil (for cooking)
- 1 cup sugar-free marinara sauce (optional)

## Instructions:

1. **Preheat the oven** to 375°F (190°C) and line a baking sheet with parchment paper or lightly grease it.
2. **Mix the meatball ingredients:** In a large bowl, combine the ground beef, ground pork, almond flour, Parmesan cheese, egg, minced garlic, oregano, basil, onion powder, salt, and pepper. Use your hands or a spoon to mix everything thoroughly until well combined.
3. **Form the meatballs:** Scoop out a portion of the meat mixture (about 1/4 cup each) and roll them into large, round meatballs. You should get around 8-10 giant meatballs, depending on your portion size.
4. **Cook the meatballs:** Heat olive oil in a large skillet over medium heat. Carefully add the meatballs to the skillet and sear on all sides until golden brown, about 5-7 minutes.

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5. **Finish in the oven:** Once browned, transfer the meatballs to the preheated oven and bake for 15-20 minutes, or until cooked through (internal temperature should reach 160°F/71°C).
6. **Serve:** If desired, heat up some sugar-free marinara sauce in the skillet and spoon over the meatballs before serving. Pair them with a side of veggies, zucchini noodles, or a salad for a complete low-carb meal.

Enjoy these giant, juicy, and delicious meatballs packed with flavor, without the carbs!