

Savory Meatballs with Tomato Vegetable Sauce INGREDIENTS

- » 3/4 lb extra lean ground beef
- » 1/2 cup finely chopped onion, divided
- » 4 cloves minced garlic, divided
- » 1 tsp ground thyme
- » 1 tsp dried parsley
- » 1/2 tsp garlic powder
- » 1 tsp salt-free herb seasoning blend
- » 1 egg
- » Nonstick vegetable cooking spray
- » 1/2 cup chopped celery
- » 2 cups sliced mushrooms
- » 3 cups sliced zucchini
- » 1/4 cup water
- » 1 1/2 cups marinara sauce
- » 1 1/2 cups "no salt added" tomato sauce
- » 8 oz spaghetti noodles, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	544 cal	Cholesterol	112mg
Protein	30g	Sodium	591mg
Carbohydrate	64g	Calories from Fat	31%
Fat	19g	Fiber	9g
Saturated Fat	6g		

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↪ See reverse for instructions

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In a large bowl mix ground beef, 1/4 cup chopped onion, 2 minced garlic cloves, thyme, parsley, garlic powder, salt-free herb seasoning blend, and egg. Mix well and shape into walnut-sized balls. In a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, cook meatballs for 8 to 10 minutes until done, turning often. Meanwhile, in a large saucepan sprayed with nonstick vegetable cooking spray over medium-high heat, add 1/4 cup chopped onion, 2 minced garlic cloves, celery, and sliced mushrooms. Saute for 2 to 3 minutes and add sliced zucchini. Add water and cover, cooking 3 to 5 minutes until zucchini is slightly tender. Add marinara sauce and tomato sauce; heat through. Add cooked meatballs to sauce and serve over spaghetti noodles. Serves 4.

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