

Savory Meatballs with Tomato Vegetable Sauce INGREDIENTS

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

Nutritional Content

Per Serving

| | | | |
|---------------|---------|-------------------|-------|
| Calories | 523 cal | Cholesterol | 59mg |
| Protein | 29g | Sodium | 574mg |
| Carbohydrate | 63g | Calories from Fat | 30% |
| Fat | 17g | Fiber | 9g |
| Saturated Fat | 6g | | |

Savory Meatballs with Tomato Vegetable Sauce INSTRUCTIONS

In a bowl mix ground beef, 1 tbsp chopped onion, minced garlic clove, thyme, parsley, garlic powder, and salt-free herb seasoning blend. Mix well and shape into walnut-sized balls. In a 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 saucepan sprayed with nonstick vegetable cooking spray over medium-high heat, add 1 tbsp chopped onion, 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 1.