



# Family Food Experts

Home of the Kid Kritics Approved Seal



## Junior Meatballs

**PREHEAT:** Oven, 350 degrees Fahrenheit

**PANS/EQUIPMENT:** Baking pan or cupcake pans, mixing bowl

**PREP TIME:** 5 minutes

**COOK TIME:** 15-20 minutes

**NUMBER OF SERVINGS:** 4-6 or more depending on ages

**2 Tablespoons ketchup or tomato sauce, organic**

**2 Tablespoons baby rice cereal or wheat germ, organic**

**2 Tablespoons water**

Stir together in medium bowl..

**3/4 pound ground round or sirloin (no hormones or antibiotics)**

Add to liquid in bowl. Mix well.

**1/4 cup frozen or fresh sweet peas**

**3 baby carrots**

**1 onion slice (about 2 Tablespoons)**

**1 tomato slice from center, peeled**

Chop finely. Place in bowl with meat and “mush” together. Roll into small balls – finger food. Place in baking pan and put into oven. Cook for 15-20 minutes, depending on size of meatballs. Pour excess juice away as cooking, if needed. Serve plain, or, offer ketchup or a tomato sauce as a dip. Or serve with pasta, sauce, and a green salad!

**OPTIONS:** Add herbs of your choice to meat mixture before cooking. Replace beef with ground turkey or chicken.

**6 GOD-MADE FOOD COLORS:** brown, green, orange, white, red, tan

**5+ FOOD GROUPS:** beef, vegetables, fruit, whole grains, water, + herbs option