

Recipe: Meatballs

[Grain Free Freezer Cooking Guide healthhomehappy.com](http://healthhomehappy.com) ([click here to purchase all recipes](#))

Servings: 4	Prep/Cook Time: 15 minutes
Date Frozen:	Directions: Thaw overnight or all day. In a skillet over medium high heat, melt 1 tablespoon fat. When fat is melted add meatballs and cook covered, rolling every couple minutes, for 10 minutes.
Notes:	Ingredients: Ground meat _____ Carrot, onion, zucchini, black pepper, sea salt, _____ fat.

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