

Mediterranean Meatballs

Servings

6

Prep Time

10 MIN

Cook Time

10 MIN

Ingredients

- 1 pound grassfed ground beef
- 2 Tablespoons cooking fat for frying coconut oil, butter, or ghee
- 1 large egg
- 2/3 cup onion chopped fine
- 1 Tablespoon garlic minced
- 2 teaspoons dried mint or fresh minced
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 1 teaspoon lemon juice
- 3/4 teaspoon sea salt

Instructions

1. Mix ground beef, egg, onions, lemon juice and spices until thoroughly combined. Use your hands; it's the school way. Roll into balls about 1" thick or just smaller than a gold ball.

2. Heat cooking fat in a large skillet over medium heat. Fry the meatballs for about 5-8 minutes, shaking the pan to keep them moving. Using tongs to flip them occasionally so they brown on all sides.

Recipe Notes

Make sure the meatballs don't touch when you're frying them. If you're pan is too small to accommodate all of them at once, fry them in batches. If you crowd the pan, they don't brown as nicely.