

# Fine w/ Food

## PASTA W/ GLUTEN-FREE MEATBALLS

- 1 ½ lb. ground beef (I used 100% grass-fed 85/15)
- 1 box of Simple Mills seed crackers, finely ground
- 1 egg
- ½ cup white onion, minced
- 2 cloves of garlic, minced
- a handful of parsley, finely chopped
- ¼ grated parmesan (omit if you're lactose intolerant)
- pasta sauce (I used Seggiano)
- pasta of choice (I used Banza spaghetti)
- salt & pepper to season



place Simple Mills crackers in a food processor and pulse until crackers are just about finely ground

in a large mixing bowl, add in ground beef, crushed Simple Mills crackers, diced onion, eggs, garlic, parsley, parmesan, a pinch of salt, and a lotta pepper. use a wooden spoon (or your hands) and combine all the ingredients together. roll the meatballs into 2-inch balls

bring a large pot of salted water to a boil (for the pasta) and bring a large skillet to medium-high heat (for the meatballs)

add olive oil to the skillet and carefully place meatballs in the skillet. brown meatballs on all sides (~2-3 minutes per side depending on how large your meatballs are)

once meatballs are browned, add pasta sauce of choice to skillet and bring to a simmer. cover and cook for ~10 minutes (or until meatballs reach an internal temp of 145°F)

once the water has boiled in your large pot, add pasta and cook according to package instructions

plate, garnish with shaves parmesan, and fresh basil & enjoy!