



# Meatballs

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## Info:

Makes 6 Servings      155 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 1lb 95% Lean Ground Beef
- ❖ 2 Tbsp Skim Milk
- ❖ ¼ Cup Egg Beaters (1 Egg)
- ❖ 1 tsp Worcestershire Sauce
- ❖ 1 Packet Lipton Onion Soup Mix
- ❖ 1/3 Cup Breadcrumbs
- ❖ 1 tsp Garlic, minced
- ❖ ½ tsp Oregano
- ❖ ¾ tsp salt
- ❖ 1/8 tsp Pepper

## Preparation:



1. Preheat oven to 400°
2. Mix all dry ingredients, then add wet ingredients, then add meat, combine well
3. Shape into 1 inch balls
4. Place in lightly sprayed baking dish and bake 20 minutes
5. Serve hot