



## **Gluten-Free, Grassfed Meatballs**

Makes 24-26 small meatballs

- 1lb grassfed ground sirloin
- ¼ cup puffed rice cereal
- ¼ cup whole milk
- 1 carrot, finely diced
- 1 half onion, finely diced
- 2 cloves garlic, minced
- 1 large egg, beaten
- ¼ tsp red pepper flakes
- 1 tsp dried oregano
- 2 tsp worcestershire sauce
- ⅓ cup freshly grated parmesan cheese
- ¾ tsp kosher salt
- ¼ tsp black pepper
- olive oil

### **Directions:**

- Place rice cereal and milk in a small bowl. Allow the cereal to sit and absorb the milk for 20 minutes, thickening and becoming very soft.
- Set a skillet over medium heat and warm. Add 1 tbs olive oil and, once hot, add the onion and carrots. Sauté for 5-7 minutes until the veggies are beginning to soften and the onions are translucent.
- Add the garlic and cook until fragrant, about 1 minute. Transfer the veggie mixture to a small bowl and set aside.
- To a large bowl add the following: beef, egg, red pepper flakes, oregano, worcestershire, parmesan, salt, and pepper. Once the sauteed onions and carrots have cooled slightly add them to the beef as well.

- Use your hands to mix, ensuring all of the ingredients are distributed evenly throughout the meat.
- Take approximately two tbs of the meat and roll it into a small ball in the palm of your hand. Transfer to a plate and continue to roll the rest of the beef into small meatballs. Transfer the rolled meatballs to the refrigerator for twenty minutes to an hour.
- Preheat the oven to 400° degrees. Transfer the meatballs to a rimmed baking sheet. Roast for 10 minutes, flip, and then continue cooking for an additional 5-10 minutes. Transfer from the oven directly into the marinara sauce and keep warm until ready to serve with pasta or vegetable noodles.

## **Marinara Sauce**

Makes 4 cups

- 1/2 cup olive oil
- 6 cloves garlic, minced
- ½ tsp red pepper flakes
- 2 tsp dried oregano
- 1 heaping tbs tomato paste
- 2.5 lbs tomatoes, ideally fresh from your local farmer
- 1 tsp kosher salt
- 1 small bunch fresh basil, chopped
- parmesan and fresh basil for garnish

### **Directions:**

- Bring a large pot of water to a boil. Place a large bowl filled with ice water close by.
- Use a paring knife to make a small x on the bottom of each tomato. Add the tomatoes to the boiling water and cook for 45 seconds to 1 minute. Transfer tomatoes directly to the bowl of ice water to stop the cooking. The skin will have begun to peel away. Remove all of the tomato skin and roughly chop. Place chopped tomatoes in a bowl and set aside.
- Warm a large skillet over medium heat and add the olive oil. Once oil is hot add the garlic, oregano, red pepper flakes and tomato paste. Cook for 1-2 minutes, stirring frequently so the garlic doesn't burn, until fragrant.
- Transfer the tomatoes to the pan and add 1 tsp salt. Stir to combine and simmer until the tomatoes begin to break down, about 5 minutes. Add the chopped basil to the sauce and stir. Turn off the heat.
- Use a ladle to transfer the sauce to a blender or food processor. Remove the cap on the lid or feed tub and use a dish towel to partially cover the opening, ensuring steam is able to get out since the sauce is hot. Purée the sauce until smooth.
- Pour the sauce back into the pan. Taste and add additional kosher salt to taste. Allow the sauce to simmer on low heat for 15-20 minutes until slightly reduced. Transfer to ball jars and refrigerate. Use or freeze within 1 week.