

Gluten Free Meatballs

Ingredients

1 lb. 93/7 ground beef, ground turkey, or ground chicken

1/2 cup gluten-free panko breadcrumbs

2 tablespoons Italian seasoning + extra for topping

1 teaspoon salt

½ teaspoon pepper

1 teaspoon onion powder

teaspoon garlic powder

1 egg

Directions

1. Place ground meat, seasonings, breadcrumbs, and egg in a bowl and mix until everything is evenly combined
2. Form into golf size balls
3. Place on a cookie sheet lined with parchment paper
4. Top with Italian seasoning
5. Put in the oven at 375 degrees for 30-35 minutes (this is for the size meatballs that I make, adjust to your size but always cook until internal temp reaches 165 degrees)
6. The meatballs will be perfectly crisp on the outside, juicy on the inside
7. *Option: Place the meatballs in a serving dish full of gravy and let them soak in all that delicious gravy goodness!*