



Taco Meatballs



1/4th of recipe (4 meatballs): 158 calories, 5g total fat (2g sat. fat), 356mg sodium, 2.5g carbs, 0g fiber, 0g sugars, 23.5g protein

Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

- 1 lb. raw extra-lean ground beef
- 2 tbsp. taco seasoning mix

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, thoroughly mix 1 lb. raw extra-lean ground beef with 2 tbsp. taco seasoning mix. Firmly and evenly form into 16 meatballs, and place on a baking sheet, evenly spaced.

Bake for 10 minutes. Flip meatballs, and bake until cooked through, about 5 minutes. Chomp away!

MAKES 4 SERVINGS

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