



Low Carb Meatball Parmesan Casserole

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

328.7 calories, 4.06 g carbohydrate, 0.86 g fiber, 3.2 g NET carbs, 25.84 g protein, 23.23 g fat

Ingredients

- 1 cup Thrive Market Organic Marinara Tomato Sauce
- 1 1/2 pound(s) grass-fed ground beef
- 2 clove(s) garlic, minced
- 2 Tbsp(s) chopped yellow onion
- 1 tsp sea salt
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 medium organic zucchini
- 1 large organic egg
- 8 ounce(s) organic mozzarella cheese, shredded
- 1 ounce Parmesan cheese
- 3 Tbsp(s) extra virgin olive oil

Preparation

1. Preheat oven to 375 F. Grease a 9 x 13 inch casserole dish.
2. Using a box grater, grate the zucchini on the finest grating side. Squeeze out the water using your hands or a kitchen towel. You want the zucchini to be as "dry" as possible.
3. In a medium bowl, add the zucchini, minced garlic and onion, sea salt, herbs, egg and ground meat. Mix gently to thoroughly combine and incorporate ingredients.
4. Roll meat into balls roughly the size of golfballs and place in a baking dish. Drizzle with olive oil.
5. Bake for 30-35 minutes or to an internal temperature of 160 F.
6. Pour marinara over meatballs and then top with the cheeses. Return to oven and bake 10-15 minutes or until cheese is melted.
7. Serve.

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