

Porcupine Meatballs

Serves 4

This is typically made with ground beef or ground turkey. Tomato sauce or tomato soup could be used for the sauce.

- 1 can beef, drained (or one pound of ground turkey or beef)
- ½ cup rice cooked
- 1 small onion, chopped
- ¼ teaspoon pepper
- ½ teaspoon salt (optional)
- 1 ½ cups tomato juice (or use tomato soup, diluted with 1 can of water, or tomato sauce)

1. In a bowl, mix together all ingredients except for tomato juice. Shape mixture into balls. Put in heavy skillet.

2. Add tomato juice.

3. Bring to slow boil and turn down heat; simmer 45 minutes.

Note: if using ground meat, it is best to bake or pan sear the meatballs first to cook off some of the fat.

Recipe from csfpcentral.org

Nutrition information (using ground turkey option): calories 203, total fat 8g, saturated fat 3g, sodium 331mg, carbohydrate 10g, dietary fiber 1g, protein 23g.



If using uncooked rice, use ¼ cup and add ½ cup of water with the tomato juice or sauce.

Healthy Tip

Canned beef may be higher in fat and sodium. It is best to scrape away any fat before using in a recipe.

This recipe is low in dietary fiber. Serve with a green salad or use brown rice to add fiber to this meal.

“My children love this when I make it with tomato soup because it has a sweeter flavor. I serve it over pasta or mashed potatoes with green beans for a vegetable.”