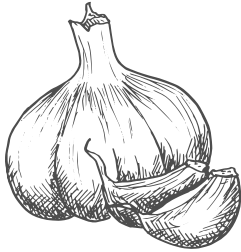




Perfect recipe for collective kitchens

Beef Meatballs

To calculate the amount needed for each ingredient: Amount of the basic recipe X Number of recipes = Total Amount



PREPARATION 15 MIN

COOKING 10 MIN

SERVINGS 15 MEATBALLS

Ingredient	Amount	Number of recipes	Total amount
Ground beef	225 g (½ lb)		
Breadcrumbs	85 ml (1/3 cup)		
Garlic powder	2 ml (½ tsp.)		
Dehydrated onion	5 ml (1 tsp.)		
Egg	1		



Preparation

- In a bowl, combine the ground beef, breadcrumbs, garlic powder, dehydrated onion and egg.
- Shape into small meatballs of about 2 cm (3/4 inch) diameter.
- Place on a baking sheet lined with parchment paper and bake at 350 °F for about 10 minutes or until golden brown.

