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Oriental Meatballs with Peppers

Ingredients:

1 lb lean ground beef
1 tbsp finely chopped onions
1/2 tsp salt
1/2 tsp black pepper
2 egg whites
1 garlic clove, crushed
2 tsp olive oil
2 tbsp oats
1/4 cup water
1 tbsp olive oil
1/2 cup beef broth
1/2 tbsp soy sauce
1 cup sliced red peppers
1 cup sliced yellow peppers
1 cup sliced green peppers
2 cups sliced mushrooms
1 cup sliced onions

Directions:

1. Combine the beef, chopped onions, salt, pepper, egg whites, garlic, oats, oil and water. Form into bite-sized meatballs and set aside.
2. Heat olive oil over medium heat in a skillet; add peppers, mushrooms and onions. Sauté veggies until tender, adding a little more garlic if desired.
3. Once tender, remove veggies from pan and set aside.
4. In remaining juices and oil, cook meatballs for 3-5 minutes, or until no longer pink inside.
5. Add beef broth and soy sauce and place the removed vegetables back in the pan.
6. Continue to cook for 2-5 more minutes to allow flavors to blend.
7. Serve immediately; if desired, serve with brown rice.