



Lean Beef Spinach Meatball Pasta

Ingredients

FOR MEATBALLS:

6 oz lean ground beef
1/2 cup shredded raw spinach
1/4 cup diced red onion
1 tbsp minced garlic
1/2 tbsp cumin
Sea salt and pepper, to taste

FOR PASTA:

2 oz wheat spinach pasta
1/8 cup marinara (natural and low sodium)
1 1/2 cup raw spinach
5 cherry tomatoes
1 tbsp low fat parmesan cheese

Directions

1. Set oven to 405 degrees F.
2. For added flavor, saute the red onions in a skillet using spray olive or coconut oil.
3. Mix together ground beef, chopped raw spinach, red onion, garlic, and spices. Mix thoroughly using your hands until the spinach is completely mixed into the meat.
4. Form two or three meatballs of roughly the same size using your hands. For accuracy, you can use a food scale to weigh and measure each portion.
5. Place meatballs on a baking sheet and bake in the oven for 10-12 minutes.

6. Cook pasta and stir in tomatoes, spinach, and cheese as desired.
7. Mix in cooked meatballs and enjoy!

Nutrition Facts

Calories: 468

Fat: 6 g

Carbs: 50 g

Protein: 51 g