

## **Italian Beef and Lentil Meatballs**

---

Makes ~20 meatballs

Prep time: 15 minutes

Cooking time: 30 minutes

1lb extra lean ground beef  
19oz can brown lentils, drained and rinsed  
1 small shallot, finely chopped  
2 garlic cloves, minced  
1/2 cup unseasoned bread crumbs  
1 egg, lightly beaten  
1 tsp dried thyme  
1 tsp dried oregano  
1/2 tsp salt  
1/2 tsp ground black pepper  
3 tsp canola oil

**Vegetarian** variation: replace the lean ground beef with a 19oz can of brown lentils

1. Preheat oven to 400°F
2. Combine all of the ingredients, except oil, in a large bowl and gently mix until combined. The lentils can be easily mashed using your hands to combine with the other ingredients.
3. Form into golf ball sized meatballs and arrange on a plate. The recipe should make around 20 meatballs.
4. Set a large skillet over medium-high heat and add the oil. Let it warm for 30 seconds. Add some meatballs and brown on all sides. Remove to a paper towel lined plate. Repeat until all meatballs are seared thoroughly.
5. Arrange meatballs on a parchment-lined baking sheet and bake for 15 minutes, or until a thermometer reads 160°F.