



KETO MEATBALL CASSEROLE

Recipe adapted from Joy Filled Eats

INGREDIENTS

- 1 pound of ground beef
- 1 pound of Italian sausage
- 1 cup of shredded mozzarella cheese
- 1/3 cup of grated or shredded parmesan
- 1 shredded zucchini
- 1 egg
- 2 tsp minced garlic
- 2 tsp minced onion
- 2 tsp dried basil
- 1 tsp salt
- 1 cup marina sauce
- 8 ounces of choice of cheese

DIRECTIONS

1. Preheat oven to 400 degrees Spray a casserole dish with cooking spray
2. Combine all the ingredients for the meatballs and mix thoroughly. Make about 24 meatballs and put them in the casserole dish.
3. Bake for 30 minutes or until the meatballs are cooked through. Carefully drain the cooking liquid from the casserole dish.
4. Top with the sauce and cheese. Bake for an additional 10-15 minutes or until the cheese is melted.
5. Serve alone or with a side of favorite pasta or vegetable noodles.