

Perfect Meatballs

INGREDIENTS:

- 2 T coconut oil
- 1 T sage
- ½ T rosemary
- ½ tsp. garlic powder
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper
- ½ lb. ground beef
- ½ lb. ground pork

PROCESS:

- In a large bowl, mix together the ground beef, ground pork, sage, rosemary, garlic powder, salt, and pepper.
- Form the meat into 18 meatballs.
- Heat the coconut oil in a large cast iron skillet (or oven safe skillet) over medium-high heat. Add the meatballs and cook on all sides for 2 to 3 minutes, until they are slightly browned.
- Transfer the meatballs to a 9 x 13-inch baking dish and bake for 10 minutes.

Enjoy!

From: The Paleo Kitchen