

# AROMATIC MEATBALLS

Grain-free and a dairy-free option. The aromatic herbs are sure to make these meatballs become a family favorite.

## *ingredients*

- 1 small onion, minced
- 2-3 tablespoons lard or coconut oil
- 4 cloves garlic, finely minced
- ½ teaspoon cumin
- ½ teaspoon dried thyme leaves, or
- 1 teaspoon fresh thyme leaves, stems removed
- ½ teaspoon dried oregano
- ¾ teaspoons unrefined sea salt
- ¼ teaspoon black pepper
- 1 lb. ground beef
- 1 egg
- ¼ cup raw grass-fed cream, omit for dairy free

## *directions*

1. Sauté the onion in the fat. When soft add the garlic, cumin, thyme, oregano, sea salt and black pepper.
2. Mix with meat, egg, and cream. Form into large meatballs (about 8 in all). Refrigerate if not cooking immediately.
3. To cook: Bake for 25 minutes at 350 or simmer in broth (about 8- 10 minutes) or fry by heating a few tablespoons of fat in a frying pan and frying them on low-medium heat, turning frequently. Serve topped with pan scrapings.