

SAVORY HARVEST STUFFED MEATBALLS

Montgomery County 4-H Culinary Jr Chef Team

Ingredients

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| 2 lbs. ground beef | 2 cups bread crumbs |
| 1/3 cup carrots, diced | 1/3 cup ketchup |
| 1/2 cup bell pepper, diced | 1T. kosher salt |
| 1/2 cup zucchini, diced | 1 t. garlic powder |
| 3 T. onion, diced | 1 t. onion powder |
| 4 eggs | 1 clove garlic, peeled and chopped |
| 1 T. worchestershire sauce | 1 1/2 t. black pepper |
| 1 t. red pepper flakes | Lettuce for garnish |
| 1 t. of each: basil, oregano, parsley* | 1 block mozzarella cheese, cubed |
| Parmeasan Cheese, garnish | Mozzarella cheese, garnish |
| 1/3 cup tomato (blanched, peeled, seeded and diced) (For convenience, canned tomato may be used) | |

*(Fresh and finely chopped basil, oregano, and parsley can be used but triple the amounts, making it 1 T. of each.)

Directions.

Pre-heat oven to 350 degrees farenhiet.

Mix all ingredients except lettuce and shredded cheeses, in a large bowl. Using a 1 oz. scoop, measure out about half scoop of meat, place 1 cheese cube in the center then cover with more meat mixture to form a ball.

Place meatballs on a baking sheet.

Place baking sheet in oven and bake for 15-20 minutes or until meatballs reach 165 degrees.

While meatballs are baking, a fresco sauce can be prepared with the excess vegetables for garnishing.

When meatballs reach 165 degrees, place on paper towels to drain, then spoon prepared fresco sauce onto plate, arrange 3 meatballs at edge of sauce, finish garnishment with small leaves of green leaf lettuce, sliced tomatoes, and a sprig of fresh basil. Top with shredded parmesan cheese and/or shredded mozzarella cheese. Serve and enjoy!