Wild Rice Meatballs
RECIPE

Wild Rice Meatballs

TIME	45 Minutes
INGREDIENTS	10 items
MAKES	7 servings

Using hearty wild rice as a filler, this is a weeknight dinner staple the whole family will enjoy! Featuring Mississippi Chef Nick Wallace’s favorite all-purpose 26 seasoning, serve while hot or cool and freeze for later.

INGREDIENTS

- 1 pouch Ben’s Original™ Ready Rice™ Long Grain & Wild Rice
- 1 tablespoon olive oil
- 1/2 cup onion, finely chopped
- 1/2 cup bell pepper, finely chopped
- 2 cloves garlic, minced
- 1/8 teaspoon black pepper
- 2 tablespoons milk
- 2 eggs
- 1 pound ground beef
- 1 teaspoons Nick’s 26 or your favorite all-purpose seasoning

INSTRUCTIONS

1. In a small saucepan, heat olive oil over medium heat, add onion bell peppers and garlic and sauté until tender, about 5 to 7 minutes.
2. In a large bowl combine onion mixture, wild rice, Nick’s 26, black pepper, milk, and eggs and combine with a large spoon.
3. Then add ground beef, and break into small pieces, and work gently but thoroughly with your hands to combine.
4. Form into meatballs about 1-2 inches in diameter and place on a sheet pan.
5. Bake in a preheated oven for 20 minutes until the meatballs are no longer pink in the center.
6. It’s ready to serve or Cool and or freeze for later use.
7. Serve with your favorite sauce, such as Harissa Sauce.

NUTRITION

- CALORIES: 200
- TOTAL FAT: 10g - 13%
- TRANS FAT: 3g
- SODIUM: 220mg - 10%
- TOTAL CARBOHYDRATES: 12g - 4%
- DIETARY FIBER: 0g - 0%
- TOTAL SUGARS: 1g
- PROTEIN: 16g

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