



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

All Kinds of Beef Meatballs

Meatballs are a versatile and healthy way to eat delicious ground beef. This recipe provides some great flavour options and is a perfect way to get that boost of protein before, or after, your workout.

- 1 lb (500 g) Lean Ground Beef Sirloin or Lean Ground Beef
- 1 egg, lightly beaten
- ½ cup (125 mL) dry bread crumbs
- ⅓ cup (75 mL) EACH finely grated carrot and shredded onion
- 1 tbsp (15 mL) Worcestershire sauce
- ½ tsp (2 mL) EACH salt and pepper

Lightly combine all ingredients; form into about thirty 1" (2.5 cm) balls.

Bake on lightly oiled foil-lined baking tray in 400°F (200°C) oven for 15 min, until digital rapid-read thermometer inserted into centre of several meatballs reads 160°F (71°C).

Variations try adding the following to the basic recipe for a flavour kick:

Italian: 2 tbsp (30 mL) pizza sauce and 1 tsp (5 mL) dried oregano. Serve with extra pizza sauce or spaghetti sauce.

Asian: 2 tbsp (30 mL) hoisin sauce and 1/2 tsp (2 mL) ground ginger. Serve with peanut sauce or sweet and sour sauce.

Mexican: 1 tbsp (15 mL) chili powder and 2 garlic cloves (minced). Serve with salsa.



[Recipe Courtesy of Canada Beef](#)

Nutritional Information

Per Serving (4 meatballs): Calories 170, Protein 14g
Fat 10g, Carbohydrates 6g

Animal Care Is Not Just A Buzzword

Manitoba's beef producers care about their animals — for a number of reasons. Financially, it is in their best interest to ensure cattle are healthy, safe, well-managed and not stressed. However, beef cattle producers are in this line of work because they care about their animals and treat them well because it is the right thing to do. Animal Care is not just a buzzword, in the livestock sector it is everything!



If You Can't Play Like An Athlete You Can Still Eat Like One!

