

# Junior Meatballs

**PREHEAT:** Oven, 350 degrees Fahrenheit

**PAN:** Baking pan or cupcake pans

**2 Tbsp ketchup or tomato sauce, organic**

**2 Tbsp baby rice cereal or wheat germ, organic**

**2 Tbsp water**

Stir together in medium bowl.

**3/4 pound ground round or sirloin (hormone-free)**

Add to liquid in bowl. Mix well.

**1/4 cup frozen or fresh sweet peas**

**3 baby carrots**

**1 onion ring (about 2 Tbsp)**

**1 tomato slice from center, peeled**

Chop finely. Place in bowl with meat and “mush” together. Roll into small balls – finger food. Place in baking pan and put into oven. Cook for 15-20 minutes, depending on size of meatballs. Poor excess juice away as cooking, if needed. Serve plain, or, offer ketchup or a tomato sauce as a dip.

**6 Naturally Sourced COLORS:** brown, green, orange, white, red, tan

**5 Food Groups:** beef, vegetables, fruit, grains, water