

# **SAVORY HARVEST STUFFED MEATBALLS**

Montgomery County 4-H Culinary Jr Chef Team

## **Ingredients**

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!