



Oriental Meatballs with Peppers Recipe

Ingredients:

- 1 Pound lean ground beef
- 1 Tbsp. finely chopped onions
- ½ Tsp. salt
- ½ Tsp. black pepper
- 2 Egg whites
- 1 Garlic clove, crushed
- 2 Tsp. olive oil
- 2 Tbsp. oats
- ¼ Cup water
- 1 Tbsp. olive oil
- ½ Cup beef broth
- ½ Tbsp. soy sauce
- 1 Cup sliced red peppers
- 1 Cup sliced yellow peppers
- 1 Cup sliced green peppers
- 2 Cups sliced mushrooms
- 1 Cup sliced onions

To prepare:

Combine the beef, chopped onions, salt, pepper, egg whites, garlic, oats, oil and water. Form into bite-sized meatballs and set aside.

Heat olive oil over medium heat in a skillet; add peppers, mushrooms and onions. Sauté veggies until tender, adding a little more garlic if desired.

Once tender, remove veggies from pan and set aside.

In remaining juices and oil, cook meatballs for 3-5 minutes, or until no longer pink inside.

Add beef broth and soy sauce and place the removed vegetables back in the pan.

Continue to cook for 2-5 more minutes to allow flavors to blend.

Serve immediately; if desired, serve with brown rice.

Per serving (makes 6):

Calories: 272

Carbs: 8.8g

Fat: 15.6g

Protein: 23.6g