

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Meatballs in Gravy

From [www.cookingTF.com](http://www.cookingTF.com)

### Meatballs:

2 pounds ground beef (or a mix of beef and turkey)  
1 cup dry whole wheat breadcrumbs, or cooked grain  
3-4 eggs, beaten, optional  
1 tsp garlic powder  
2 tsp salt, or to taste  
1 tsp onion powder  
½ tsp pepper

Preheat the oven to 375 degrees. Lightly grease a baking sheet lined with foil and set aside.

Combine all ingredients and mix well. Form into walnut-sized meatballs, adding additional water or breadcrumbs as needed to get the mixture to stick together. Place on the greased pan and bake for 18-22 minutes or until no longer pink in the center.

Serve topped with gravy (recipe follows), over mashed potatoes or noodles with sauteed summer vegetables on the side.

### Gravy:

The spices other than the salt can be omitted or changed to your liking to fit the meal you're serving.

4-6 Tbs coconut oil or butter  
4-6 Tbs flour of your choice (try rice or sorghum flour for gluten-free.)  
2 cups beef stock (Look for an all-natural or organic one without MSG or other additives.)  
1 tsp salt  
¼ tsp paprika  
¼ tsp pepper

More flour makes for a thicker gravy, but you must always use the same amount of flour and fat so your gravy will be smooth.

In a saucepan, heat the oil over medium heat. Whisk in an equal amount of flour and whisk until the flour is completely incorporated. This is called a roux. Cook, whisking regularly, until the roux is lightly browned, about 3 minutes. Slowly whisk in the stock until smooth. Whisk in the spices. Increase the heat to medium high and bring to a boil. Reduce to a simmer and cook until thickened to your liking.