

Low Carb Enchilada Meatballs Recipe



Ingredients:

Meatballs:

- * 1 lb ground beef
- * 1 egg
- * 1/4 cup grated cheddar cheese
- * 2 Tbsp taco seasoning
- * 1/2 tsp onion powder
- * 1/2 tsp salt
- * 1/4 tsp black pepper

Casserole:

- * Cooked meatballs
- * 1 10 oz can red enchilada sauce (Las Palmas)
- * 3/4 cup shredded Mexican cheese

Directions:

Meatballs:

- * 1) Preheat oven to 400°.
- * 2) Add all of the meatball ingredients into a large bowl and mix well until combined.
- * 3) Shape into approximately 15 meatballs and place on a baking sheet lined with aluminum foil.
- * 4) Bake for 25 minutes or until cooked through.

Casserole:

- * 1) Preheat oven to 350°.
- * 2) Pour 1/4 cup enchilada sauce into bottom of small baking dish or cast iron skillet.
- * 3) Place cooked meatballs into dish and top with remaining enchilada sauce. Top with shredded cheese.
- * 4) Bake for 15 minutes or until cheese is melted and bubbly.