

That is One Spicy Meatball! (AKA Puppy Crack)

2lbs raw, lean ground beef (or Turkey)
½ c grated parmesan cheese
1/2c oat bran
1tsp dried oregano
1tsp dried parsley
¼ tsp garlic powder (or granulated garlic)
1 egg

Preheat the oven to 350. Combine all ingredients together and mix thoroughly. Roll mixture into 1” balls and place on a cookie sheet lined with aluminum foil. We recommend using rubber or latex gloves to form and roll the meatballs.

Or mash the mixture into the aluminum foil lined cookie sheet so the meat mixture is evenly distributed.

Bake for 15 to 20 minutes or until evenly browned. Drain any excess grease and cut into 1 inch squares with a pizza cutter if you “mashed” the mixture in the cookie tray.

Store in an airtight container in the refrigerator. This also freezes nicely!