

Lamb Meatballs With Cream Sauce

For cleaner eating we use all organically grown ingredients: many are not certified, but we know the grower and how they 'do their thing'...

For your meatballs:

- 2 med eggs, slightly beaten
- ¼ cup milk
- 3 tablespoons ketchup
- 2 teaspoons Soy Sauce (San J is a great brand)
- 1 cup quick cooking oats
- ¼ cup fresh parsley (or 2 tablespoons dry)
- ¼ cup finely chopped onion
- 1 ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 lbs pasture-fed ground lamb

Cream Sauce:

- 2 tablespoons butter or coconut oil
- 2 tablespoons flour (gluten free blends work great too)
- ¼ teaspoon thyme
- Sea salt & pepper
- 14 ounces chicken broth (this is important)
- ⅔ cup whipping cream
- 2 tablespoons dried parsley

- 1) **For your meatballs: combine all ingredients in a bowl. Shape into a 1" thick rectangle. Cut into 1" squares. (these don't have to be perfect) Shape into balls and place on a rack in a shallow pan. (a cookie sheet is fine)**
- 2) **Bake uncovered at 400 degrees for 10 min. Turn meatballs and bake 10 to 12 min longer.**
- 3) **For your sauce, melt butter or oil in a saucepan. Stir in flour thyme salt and pepper over medium heat until blended.**
- 4) **Whisk in broth and cream. Heat and stir until thick and bubbly.**
- 5) **Place meatballs on serving dish and drizzle cream sauce over them. Place toothpicks in each meatball and serve**
- 6) **To serve as a meal, I like to place meatballs on a bed of rice or pasta and pour cream sauce over top.**