

# Taco Meatballs

## Ingredients for Life

If you're searching for a way to mix up taco night, look no further than Taco Meatballs. These meatballs are easy to prepare and packed with flavor. Serve as a taco bowl with rice, black beans, and your favorite taco toppings.

**Serves 5**    **Serving size:** 4 meatballs    **Prep time:** 15 minutes    **Cook time:** 15 minutes    **Total time:** 30 minutes

### Ingredients

- 1 pound lean ground meat (ground turkey, ground chicken, or lean ground beef)
- 1 egg
- 1/3 cup old-fashioned oats
- 1/2 onion, diced
- 1 cup vegetables, diced (spinach, carrots, zucchini, mushrooms, etc.)
- 1/3 cup salsa
- 1/2 cup cheddar cheese, shredded
- 2 Tablespoons low-sodium taco seasoning
- 1 teaspoon black pepper



### Directions

1. Mix all ingredients in a large bowl until well combined.
2. Spoon out about 1 Tablespoon of the mixture and roll in your hands to form a ping pong ball-sized meatball.
3. Cooking methods
  - **Oven:** Preheat oven to 400°F. Lightly spray a baking sheet with cooking spray. Spread meatballs out on a baking sheet so they do not touch. Bake for 10-12 minutes or until they have reached a safe internal temperature.
  - **Stovetop:** Heat a large skillet over medium-high heat. Lightly spray with cooking spray. Add meatballs in batches so they do not touch while in the pan. Cook for 8-10 minutes, tossing halfway through. Meatballs are done once they have reached a safe internal temperature.
  - **Air Fryer:** Preheat air fryer to 380°F. Lightly spray air fryer basket with cooking spray. Add meatballs in batches so they do not touch while cooking. Cook for 6-8 minutes, tossing halfway through. Meatballs are done once they have reached a safe internal temperature.

### Nutrition Facts

5 Servings Per Container  
**Serving Size** 209g

**Amount Per Serving**  
**Calories** 300

% Daily Value \*

<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 5g	<b>26%</b>
Trans Fat 0g	
<b>Cholesterol</b> 120mg	<b>40%</b>
<b>Sodium</b> 540mg	<b>25%</b>
<b>Total Carbohydrates</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	
Vitamin D 0.6mcg	4%
Calcium 240mg	20%
Iron 3.5mg	20%
Potassium 440mg	10%
Phosphorus 380mg	30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Ground Turkey, Vegetables, mixed, frozen, unprepared, Cheddar Cheese, Salsa Sauce, Onions, Eggs, Oats, Seasoning mix, dry, taco, original, Black Pepper

**Contains:** Milk, Eggs

### RECOMMENDED COOKING TEMPERATURES

Use a digital thermometer to ensure your food is safely cooked to the correct temperature.

**145°F:**  
Pork or lamb

**158°F:**  
Ground beef

**165°F:**  
Chicken or turkey