



Meatballs and Marinara

An old-fashioned recipe that is still a big hit. Ground beef, rice, and marinara sauce unite to make a delicious lunch or supper.

Ages: 6–18 years

Prep time: 15 minutes

Makes: 6 servings

Cook time: 15 minutes

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INGREDIENTS

¼ cup brown rice, instant, uncooked

¼ cup water

1 egg, fresh, large

1 lb beef, ground, 90% lean, fresh or frozen, thawed

1 ½ tsp onion powder

1 tsp oregano, dried

1 tsp Worcestershire sauce

¼ tsp black pepper, ground

1 ½ cups marinara sauce

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a medium microwave-safe bowl, combine rice and water. Cover. Place in the microwave for 3 minutes or until rice is tender. Remove from the microwave. Fluff with a fork. Allow rice to cool for 5 minutes.
4. In a small bowl, beat egg with a whisk or fork.
5. In a medium bowl, combine ground beef, egg, cooked rice, onion powder, oregano, Worcestershire sauce, and black pepper. Mix.
6. Divide meatball mixture into 12 even portions (1 ½ oz each). Roll into meatballs.
7. Place meatballs on a baking sheet. Bake for 10 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from the oven. Wash hands after touching uncooked ground beef and eggs.
8. In a small microwave-safe bowl, add marinara sauce. Cover. Heat marinara sauce for 2 minutes. Heat to 140 °F or higher for at least 15 seconds. Remove from the microwave. Stir.
9. Serve 2 meatballs with ¼ cup sauce. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

2 meatballs and ¼ cup marinara sauce

Nutrients **Amount**
Calories **188**

Total Fat	9 g
Saturated Fat	3 g
Cholesterol	72 mg
Sodium	455 mg
Total Carbohydrate	11 g
Dietary Fiber	3 g
Total Sugars	0 g
Includes Added Sugars	N/A
Protein	16 g
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Vitamin D	N/A
Calcium	32 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

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CACFP CREDITING INFORMATION

¼ cup vegetable
2 oz eq meat

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CHEF TIPS

- **Contains eggs.** Worcestershire sauce can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

