



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: 3–5 years

Prep time: 15 minutes

Makes: 6 servings

Cook time: 15 minutes

the INGREDIENTS

3 Tbsp brown rice, instant, uncooked

3 Tbsp water

1 egg, fresh, large

12 oz beef, ground, 90% lean, fresh or frozen, thawed

1 tsp onion powder

½ tsp oregano, dried

½ tsp Worcestershire sauce

⅛ tsp black pepper, ground

1 ½ cups marinara sauce

the 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 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.



the
NUTRITION INFORMATION

2 meatballs and ¼ cup marinara sauce

Nutrients	Amount
Calories	150

Total Fat	8 g
Saturated Fat	2 g
Cholesterol	59 mg
Sodium	439 mg
Total Carbohydrate	10 g
Dietary Fiber	3 g
Total Sugars	0 g
Includes Added Sugars	N/A
Protein	12 g
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Vitamin D	N/A
Calcium	27 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

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CACFP CREDITING INFORMATION

¼ cup vegetable
1 ½ 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

