

Gluten Free Meatballs

Healthy Insta Grains® Brown Rice Crumb improves flavors, texture

Ingredients	Volume	Grams	Percent by Weight
Lean Ground Turkey	1/2 lb	230	29.6
Ground Pork	1/2 lb	232	29.8
Onion, Minced	1 medium	100	12.9
Garlic, Minced	2 cloves	15	1.9
Sea Salt	1/2 tsp	3	0.4
Garlic Powder	1/4 tsp	1	0.1
Onion Powder	1/2 tsp	2	0.3
Dried Basil Leaves	1 tsp	1	0.1
Dried Thyme	1 tsp	1	0.1
Dried Oregano	3/4 tsp	0.8	0.1
Crushed Red Pepper	3/4 tsp	0.8	0.1
Worcestershire Sauce	1-1/2 tbsp	16	2.1
Ricotta Cheese	1/3 cup	85	10.9
Parmesan Cheese, Grated	1/2 cup	50	6.4
Insta Grains® Brown Rice Crumb, Fine	1/2 cup	40	5.1



Method

1. Preheat oven to 400° F (200° C).
2. In a mixing bowl, blend turkey and pork together with onion, garlic, salt, garlic powder, onion powder, basil, thyme, oregano, red pepper, and Worcestershire sauce; mix well.
3. Add the ricotta, parmesan and Insta Grains® Brown Rice Crumb to meat. Mix until evenly blended.
4. Form into 1-1/2-inch meatballs and place onto a baking sheet.
5. Bake until no longer pink in center, 15 to 20 minutes.

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