



# TACO MEATBALLS

October 4

National Taco Day

## INGREDIENTS

- 3 Tablespoons Taco Seasoning
- 1 Tablespoon Tomato Paste
- 1 Large Egg
- $\frac{3}{8}$  Cup Plain Breadcrumbs
- $\frac{1}{8}$  Cup Cilantro (chopped)
- 1 Pound Ground Beef (no more than 15% fat)

## DIRECTIONS

1. Preheat oven to 400° and spray a 9x13 baking dish with cooking spray.
2. In a large bowl whisk together taco seasoning, tomato paste, eggs, breadcrumbs and cilantro until well combined.
3. Gently mix in beef until combined.
4. Roll into 12 balls and place into baking dish.
5. Bake for 20-22 minutes.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

12 Meatballs

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Meatball	2 Meatballs	2 Meatballs	2 Meatballs