



AIP Honey Garlic Meatballs



22 meatballs ⌚ 35 minutes

INGREDIENTS

Beef Meatballs

1 lb lean ground beef

1 TBSP fresh basil,
finely chopped

1 tsp fresh thyme, finely
chopped

3 cloves garlic, crushed

1/2 small yellow onion,
finely diced

1 stalk celery, finely
diced

1.5 tsp sea salt

finely chopped

scallions, to garnish
(optional)

Honey Garlic Sauce

2 TBSP olive oil

2 cloves garlic, minced

1/4 cup honey

1/4 cup coconut aminos

1/4 cup balsamic

vinegar

pinch salt

1 TBSP tapioca starch +

2 TBSP water

DIRECTIONS

Meatballs

1. Preheat oven to 425F and line a large baking sheet with parchment paper.
2. In a large bowl, combine ground beef with finely chopped fresh herbs, garlic, onion, celery and sea salt.
3. Using your hands, form seasoned beef into meatballs about 1 inches wide.
4. Place the meatballs onto baking sheet.
5. Bake on middle rack of oven for 9- 11 minutes.

Honey Garlic Sauce

1. In a skillet, heat olive oil on medium heat.
2. Add garlic and sauté until it begins to brown.
3. Add honey, coconut aminos, and balsamic vinegar to skillet and mix well. Allow the sauce to come to a boil.
4. Sprinkle in pinch of salt.
5. In a small bowl, make a slurry by combining tapioca starch with water. Add slurry to pan and whisk over heat until mixture begins to thicken.
6. Lower heat to simmer. Keep stirring until sauce is thickened to a desired consistency.

Meatballs in Honey Garlic Sauce

1. Add meatballs to pan.
2. Stir meatballs in sauce.
3. Mix well and let sauce thicken (increase to medium heat if needed) around meatballs.
4. Garnish with chopped scallions (optional)

