

# Easy AIP Beef Meatballs (Paleo, GF, Whole 30)



Arika | FoodCourage

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PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Main Course

CUISINE

Italian



SERVINGS

6 servings

## INGREDIENTS

- 2 pounds ground beef
- 1 tbsp [apple cider vinegar](#)
- 1 tbsp [coconut aminos](#)
- 1/4 cup cauliflower flour
- 4 cloves of garlic
- 1 tsp [sea salt](#)
- 1/2 tsp [dried thyme](#)
- 1 tsp dried rosemary leaves
- 1 tsp [onion powder](#)

## INSTRUCTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large bowl, combine ingredients and mix with a spoon or use a glove and mix with your hands.

3. Roll the meat mixture into large meatballs (about 2" in diameter) and place on a parchment paper-lined baking sheet or broiler pan and bake at 400 degrees for 20-25 minutes. The internal temperature should reach at least 160 degrees Fahrenheit.
4. Serve hot.

## NOTES

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Recipe makes 16-20 large meatballs.



KEYWORD

beef, meatballs



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