



Omega-3 Marvelous Meatballs

2 lbs. lean ground beef
 $\frac{1}{2}$ onion - chopped finely
 $\frac{1}{2}$ cup Natunola® health's delight Shelled Flax Meal

Mix together thoroughly
then shape into meatballs.
Place in a greased casserole
dish.



Sauce:

$\frac{1}{2}$ cup ketchup
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup brown sugar
2 tbsp. soy sauce
1 tsp. liquid smoke
 $\frac{1}{4}$ cup Natunola® health's delight Shelled Flax Kernel

Whisk sauce until well blended. Pour over meatballs.

Bake at 375°F for 30 - 40 minutes.

Yields 4 servings

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