

Keto Meatballs

Indulgent keto meatball casserole with ground beef and pork in rich marinara sauce, topped with melted cheese. Perfect low-carb comfort food!

30 min

PREP

1h

COOK

1h 30min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Keto Meatballs

Ingredients

- 8 oz ground beef
- 8 oz pork belly
- 1 egg
- 1 cup parmesan cheese
- 1 cup milk
- 1 cup almond flour
- 5 clove garlic
- 2 tbsp parsley
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp olive oil
- 1 onion
- 1 tbsp tomato paste
- 28 oz tomato
- 1 cup mozzarella cheese

Instructions

- 1 Make the meatballs**

Preheat oven to 350°F (175°C). Line a large baking sheet with parchment paper.
- 2** Combine 8 oz ground beef, 8 oz ground pork, 1 egg, 1 cup parmesan cheese, 1 cup heavy cream, 1 cup almond flour, 5 minced garlic cloves, 2 tablespoons parsley, 1 teaspoon salt, and 1 teaspoon black pepper in a large bowl. Mix gently with your hands until just combined, about 1 minute.
- 3** Form mixture into 16 meatballs, each about 2 inches in diameter. Place on prepared baking sheet and refrigerate for 20 minutes to firm up.
- 4 Prepare the marinara sauce**

Heat 2 tablespoons olive oil in a large saucepan over medium heat. Add 1 diced onion and cook for 5-6 minutes until soft and translucent.
- 5** Add remaining minced garlic and 1 tablespoon tomato paste to the pan. Stir constantly for 2 minutes until fragrant and paste darkens slightly.

- 6 Pour in 28 oz crushed tomatoes and bring to a simmer. Reduce heat to low and cook for 20 minutes, stirring occasionally, until sauce thickens and coats the back of a spoon. Season with salt to taste.
- 7 **Brown and bake the meatballs**
Heat remaining 1 tablespoon olive oil in a large oven-safe skillet over medium-high heat. Brown chilled meatballs in batches for 2-3 minutes per side until golden brown all over.
- 8 Return all meatballs to the skillet and pour marinara sauce over them. Sprinkle 1 cup mozzarella cheese evenly on top.
- 9 Bake for 20-25 minutes until cheese is melted and bubbly and meatballs reach an internal temperature of 165°F (74°C). Let rest for 5 minutes before serving.

Tips

Use a light touch when mixing the meatball ingredients – overworking will result in dense, tough meatballs that lose their tender texture.

Chill the formed meatballs for at least 20 minutes before cooking to help them hold their shape and prevent breaking apart in the pan.

Brown the meatballs in batches to avoid overcrowding the pan, which would cause them to steam instead of developing a proper sear.

Make the meatballs slightly larger than golf ball size – they'll shrink during cooking and larger meatballs retain moisture better than smaller ones.

Test the seasoning by cooking a small portion of the meat mixture before forming all the meatballs, then adjust salt and pepper as needed.

Let the marinara sauce simmer uncovered to concentrate the flavors and achieve the right consistency for the casserole.

Cover the casserole with foil during the first 15 minutes of baking to prevent the cheese from browning too quickly, then remove for the final 5 minutes.

Allow the casserole to rest for 5-10 minutes after baking to let the sauce thicken slightly and make serving easier.