

Baked Venison Meatballs



I am all about quick dinner ideas these days, but I'm even more about healthy homemade meals. Often it seems the two of those do not go hand in hand. However, these venison meatballs were actually quick to put together. I'm lucky to have a husband who loves to hunt so we have a freezer full of venison. If you aren't as lucky, you can substitute ground beef and it will still be a delicious recipe! We had these meatballs with homemade sweet potato fries, but they would be great with spaghetti or as meatball subs, too!



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Prep time: 15 minutes Bake time: 30 minutes

Preheat oven to 350 degrees

Ingredients:

1 pound ground venison

2 eggs

1 cup Panko or bread crumbs

1 tsp garlic powder or 1-2 clove garlic (minced)

2 tablespoons Italian seasoning

Optional: 1/2 cup Parmesan cheese

Combine all ingredients in a large mixing bowl, mix well. Roll ground venison mixture into approx. 1 inch balls and place on a baking sheet. Bake in oven at 350 degrees for about 30 minutes. You can roll them halfway through if you don't want

the bottoms to get too flat). Yields approx. 20-25 meatballs. To freeze leftovers, arrange on a wax paper lined cookie sheet and place in the freezer, once they are frozen you can transfer them to a freezer bag.



This can be a tasty make ahead meal to pull out of the freezer for those days when cooking just isn't going to happen. Add a green salad, crusty rolls and enjoy!



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What types of meals do you turn to for quick and easy dinner time recipes? Please feel free to share with me in the comments section! Lets share our best ideas. After all, we all need to eat!



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