




## Low Carb Meatballs Alla Parmigiana



### Ingredients

- 2 Pounds Ground Round
- 1 Tsp Onion Powder
- 1/2 Tsp Garlic Powder
- 1 Tablespoon Italian Seasoning
- 1/4 Tsp Black Pepper
- 2 Large Eggs
- 1/2 Cup  Grated Parmesan Cheese
- 2 Cups Pasta Sauce
- 8 Oz. Mozzarella Cheese

Moderate to Severe Plaque Psoriasis

### Directions

Preheat the oven to 375. Mix all ingredients except Mozzarella cheese and pasta sauce together in a bowl by hand. Form golf ball size meatballs. Place in oven for 20 minutes. Remove from oven, move the meatballs into an oven safe baking dish. Pour sauce over meatballs then sprinkle with cheese. Bake for another 20 minutes