

# Italian Portabella and Bison Meatballs

**Yield:** 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

1-pound ground bison (or lean ground beef)

2 large portabella mushrooms (caps and stems chopped very small)

1/2 yellow onion minced

1 scoop collagen peptides (or 1 large egg)

1 teaspoon garlic

1 teaspoon Italian seasoning

1 teaspoon salt

1/2 teaspoon pepper

1. Combine all ingredients by hand in medium bowl.
2. Roll mixture by hand into 1-2-inch balls.
3. Heat cast iron or nonstick skillet to medium high heat.
4. Add one tablespoon of ghee or avocado oil to cooking pan. Add meatballs in batches and pan fry until completely cooked, internal temperature of 160 degrees.
5. Serve with mashed potatoes or atop pasta with red sauce.