

LYONS
THICK
& EASY®

ZOMBIE EYE ITALIAN MEATBALLS





ZOMBIE EYE ITALIAN MEATBALLS



IDDSI LEVEL: 4 5 6 7



INGREDIENTS

| | 3 Meatballs | 18 Meatballs | 36 Meatballs |
|---|----------------|----------------------|------------------|
| THICK & EASY® Bulk Pureed Beef Item: 78544 | 1/3 cup | 18 oz (about 2 cups) | 1 – 2.25 lb. bag |
| Onion powder | ¼ tsp | 1 ½ tsp | 1 Tbsp |
| Garlic powder | ¼ tsp | 1 ½ tsp | 1 Tbsp |
| Black pepper | dash | ¼ tsp | ½ tsp |
| Dry Italian seasoning | Several dashes | 1 tsp | 2 tsp |
| Grated Parmesan cheese | ¼ tsp | 1 ½ tsp | 1 Tbsp |
| Olive oil | Several drops | ½ tsp | 1 tsp |
| Cayenne pepper (optional) | Dash | Dash | 1/8 tsp |
| Alfredo sauce, sour cream, white sauce | As needed | As needed | As needed |
| Black food coloring, gel icing or dark gravy | As needed | As needed | As needed |

NUTRITION

Serving Size:
3 oz (3- 1 oz meatballs)

Calories: 150

Total Fat: 8g

Saturated Fat: 3.5g

Trans Fat: 0g

Cholesterol: 30mg

Sodium: 410mg

Total Carbs: 3g

Dietary Fiber: 0g

Total Sugars: 0g

Added Sugars: 0g

Protein: 16g

Calcium: 4% DV

Iron: 8% DV

Potassium: 2% DV



DIRECTIONS

1. Thaw **THICK & EASY® Bulk Pureed Beef** in refrigeration overnight.
2. Place beef into a mixing bowl. Add seasonings, parmesan cheese and oil and mix thoroughly to combine ingredients.
3. Place mixture into a pan; cover and heat to 160°F.
4. Hold for service at 135°F or higher.
5. Portion into meatballs using a #40 scoop (about 1 oz per meatball; 3 meatballs per serving).
6. Using a gloved hand or spoon, make a thumbprint sized indentation on top of each meatball.
7. Fill indentation with alfredo sauce, sour cream, or other white sauce.
8. Add a small amount of black icing, food coloring or gravy in center of white sauce.
9. Serve with pureed pasta and thickened red sauce, if desired.

TO SERVE