

# Paleo Greek Meatballs aka Soutzoukakia

Hands-on 20 minutes Overall 40 minutes

**Nutritional values (per serving):** Total carbs: 14.2 g, Fiber: 5.4 g, **Net carbs: 8.8 g**,

Protein: 28.6 g, Fat: 40.2 g, Calories: 530 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

### Meatballs:

500 g ground lamb or beef (1.1 lb/ 17.6 oz)

1 large egg

1/4 cup [coconut flour](#) (30 g/ 1.1 oz)

2 cloves garlic, minced

1/2 small white onion, chopped (35 g/ 1.3 oz)

1 tsp cumin, ground

small bunch of fresh parsley

1 tbsp fresh oregano, or 1 tsp dried oregano

1 tbsp [ghee](#), lard or virgin [coconut oil](#)

1/4 tsp [pink Himalayan salt](#) or to taste

### Sauce

1/2 small white onion, chopped (35 g/ 1.3 oz)

2 medium tomatoes (240 g / 8.7 oz)

1 cup vegetable stock or [bone broth](#) (240 ml/ 8 fl oz)

2 tbsp [tomato purée](#), unsweetened (30 g/ 1.1 oz)

1/4 cup kalamata olives or other olives, pitted (50 g/ 1.8 oz)

1 tbsp ground [chia seeds](#) (8 g/ 0.3 oz)

1 tbsp [ghee](#), lard or virgin [coconut oil](#)

1/4 tsp [pink Himalayan salt](#) or to taste

*optional:* 1 package feta cheese (100 g/ 3.5 oz)

### Serve with "zoodles":

4 small zucchini (one per serving), sliced using a julienne peeler or vegetable spiralizer (600 g/ 1.3 lb/ 21.2 oz)

*Note:* [Chia seeds](#) are used for thickening the sauce. You don't have to use them or you can use 1/2 tsp [xanthan gum](#) instead. Keep in mind that [xanthan gum](#) is not considered paleo-friendly. You can use any other [oil suitable from high-heat cooking](#). When looking for ingredients,

try to get them in their most natural form (organic, without unnecessary additives).

## Instructions

1. Preheat the oven to 200 °C/ 400 °F. Wash and chop the herbs and mash the garlic. Finely chop the onion and place half of it in a separate bowl.
2. Place the meat, egg, cumin, mashed garlic, chopped herbs, half of the onion, salt and coconut flour into a bowl and process well using your hands.
3. Create small meatballs and place them in a cast iron skillet or on a baking sheet greased with half of the ghee or coconut oil. Place in the oven and cook for 20-25 minutes.
4. Meanwhile, prepare the tomato sauce. Roughly chop the tomatoes and drain the olives.
5. Grease a pan with the rest of the ghee or coconut oil, add the remaining onion and cook until slightly browned.
6. Add the chopped tomatoes, tomato purée, vegetable stock (or bone broth) and season with salt. Cook for about 5 minutes.
7. Add the ground chia seeds for thickening the sauce and mix in well.
8. Add the kalamata olives and stir in well. Take off the heat.
9. When the meatballs are done, remove from the oven.
10. Add the tomato sauce and cook for 5 more minutes.
11. When done, serve with zucchini noodles aka "zoodles" briefly cooked for 2-5 minutes (I use [this spiralizer](#) to make them). I also recommend you check Mellissa's website [The Clothes Make The Girl](#) - she has revealed the secret to make "zoodles" al dente and not loaded with water - ingenious!
12. You can try this meal with crumbled feta on top - avoid this step if you follow my [Clean Eating Challenge](#) which is dairy-free. Enjoy!

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