

# Low-Carb Greek Soutzoukakia Meatballs

Hands-on 20 minutes Overall 40 minutes

**Nutritional values (per serving, 5 meatballs + sauce + 1 zucchini):** 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)
- 1 large egg
- 1/4 cup [coconut flour](#) (30 g/ 1.1 oz)
- 2 cloves garlic, minced
- 1/2 chopped small white onion (35 g/ 1.3 oz)
- 1 tsp ground cumin
- 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 sea salt, or to taste

### Sauce:

- 1/2 chopped small white onion (35 g/ 1.3 oz)
  - 2 tomatoes, chopped (240 g/ 8.7 oz)
  - 1 cup vegetable stock *or* [bone broth](#) (240 ml/ 8 fl oz)
  - 2 tbsp unsweetened [tomato purée](#) (30 g/ 1.1 oz)
  - 1/4 cup pitted kalamata olives *or* other olives (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 sea salt, or to taste
- Optional:* 1 package feta cheese (100 g/ 3.5 oz)
- 4 small zucchini, sliced using a julienne peeler or vegetable spiralizer (600 g/ 1.3 lb)

## Instructions

1. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). 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 mix well using your hands.
3. Create about 20 small meatballs (about 31 g/ 1.1 oz each) 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. Enjoy!

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