

## Ingredients

1 cup dry  
**Uncle Ben's® Quick Cook  
Perfection™ 8 minute cook**

1 finely chopped  
**Small Onion**

1 clove  
**Garlic, minced**

2 tablespoons  
**Fresh Parsley, chopped**

**1 Egg**

1/4 cup  
**Water**

1 lb  
**Lean Ground Sirloin**

1/2 teaspoon each  
**Salt & Pepper**

1/4 teaspoon  
**Allspice**

### For Spiced Tomato Sauce

1 (15-oz) can  
**Petite Diced Tomatoes with  
Garlic**

1/2 cup  
**Water**

1/2 teaspoon  
**Cumin**

1/4 teaspoon  
**Allspice**

1/4 teaspoon  
**Cinnamon**

# Meatballs & Rice

A simple twist to an Italian favorite that takes less than 30 minutes to make. This recipe calls for some hands-on family fun!

 Makes 5 (1-cup) servings  Prep: 20 minutes, Bake Time: 20 minutes



- 1 Cook Uncle Ben's® Rice according to directions on package and preheat oven to 375° F.
- 2 In a medium bowl, combine onion, garlic, parsley, egg and water. Let children help whisk until combined.
- 3 Add ground sirloin, 2 1/2 cup cooked Uncle Ben's® rice, salt, pepper, and allspice into the bowl and mix well. Don't be afraid to use your hands and let kids help here!
- 4 Once the meat is mixed well with the spices and herbs, pinch off little bits and shape them into 1 1/2 - 2 inch balls (about the size of a golf ball). Kids can have fun doing this. The size doesn't matter or even the shape.
- 5 Arrange meatballs in lightly greased 8 x 8 inch baking dish. This is a good opportunity to teach about proportions and math!
- 6 In a small bowl, combine all the sauce ingredients and mix.
- 7 Pour sauce over meatballs, then cover with foil and bake for 20-25 minutes or until cooked through.

*Note: Nutrition facts based on ingredients in the recipe description and does not include side dishes shown in photography.*

## Nutrition Facts

Servings 5.0

Amount per Serving

Calories 350

Cholesterol 115 mg

Protein 19 g

% Daily Value\*

Sodium 540 mg 22%

Vitamin A 0%

Total Fat 19 g 29%

Total Carbohydrate 27 g 9%

Vitamin C 30%

Saturated Fat 0.4 g 2%

Dietary Fiber 2 g 8%

Calcium 4%

Trans Fat 0 g

Sugars 5 g

Iron 15%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The nutritional values for the recipe are approximate, based on theoretical calculations using nutrient data for ingredients.

