



Meatballs

2lb 93% lean hamburger	
1/2 teaspoon paprika	1/4 teaspoon garlic powder
1 cup oatmeal	1/4 teaspoon pepper
chopped onion	1/4 teaspoon cayenne
1/2 Cup Hunts ketsup	1 teaspoon oregano
2 egg whites	

Grease cookie sheet! Mix ingredients together.
Shape into balls and bake on cookie sheets at 375 for 30 minutes.

<http://www.lincolntent.com/GFCF-Beef.html>