

Eat Happy Kitchen
Anna Vocino

MEATBALL CUPCAKES

(Yields 12 full-sized cupcakes)

CUPCAKE LINERS:

3 cups grated mozzarella
6 tablespoons cream cheese
2 eggs
1 1/3 cups almond flour (or you can use crushed plain pork rinds)
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon garlic powder
Olive oil for greasing the muffin tin

MEATBALLS:

1/2 pound ground beef
1/2 pound ground pork
2 teaspoons yellow mustard
1/4 cup almond flour or crushed plain pork rinds
1 teaspoon minced fresh parsley
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1 egg

MEATBALL CUPCAKES:

Cupcake Liners

Meatballs

1/2 jar Eat Happy Kitchen Marinara

Fresh mozzarella ball, cut into 1/4" slices

Minced parsley for garnish

Make Cupcake Liners:

Preheat the oven to 425 degrees. Microwave the grated mozzarella and cream cheese in a large microwave safe mixing bowl until soft and pliable, about 20-30 seconds. Add the eggs, almond flour, oregano, basil, and garlic powder. Blend well, then separate dough into 2" balls.

Grease each cup of a muffin pan with olive oil. Press dough balls into each muffin cup and press evenly up the sides so the dough acts as a cupcake liner. Bake for 10 minutes, remove from oven. Immediately dip a rounded-outside of a measuring tablespoon into olive oil and press an indent into the cupcake liner to reform into a cupcake liner shape.

Make meatballs:

Lower oven temperature to 400 degrees. Place all meatball ingredients in a large mixing bowl. Using your hands, blend well and form into twelve 2" meatballs. Place onto parchment lined baking sheet. Cook for 15 minutes. Remove from oven, place meatballs on a paper towel lined plate to drain.

Assemble Meatball Cupcakes:

Place meatballs into cooked Cupcake Liners still in the muffin tins. Place a dollop of marinara on top of the meatballs. Using a cookie cutter, cut 1 1/2" disks out of the mozzarella slices. Place mozzarella disks on meatballs. Place back in oven 10-12 minutes until cheese melts. Garnish with additional marinara and minced parsley and serve.

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