**Saucy Skillet Meatballs and Potatoes**

*Makes 4 servings*

*Ingredients:*

1 pound Ground Beef (93% lean or leaner)

¼ cup seasoned dry bread crumbs

¼ cup grated Parmesan cheese

2 egg whites

2 tablespoons water

3 teaspoons minced garlic, divided

½ teaspoon salt

¼ teaspoon pepper

2 cans (14-1/2 ounces each) diced tomatoes with basil, garlic and oregano or other seasoned tomatoes

1 pound small red-skinned potatoes (1-1/2 to 2-inch diameter), cut into quarters

Garnish: Grated Parmesan and chopped fresh oregano (optional)

*Cooking:*

1. Combine Ground Beef, bread crumbs, ¼ cup cheese, egg whites, water, 1 teaspoon garlic, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into 12, 1-1/2-inch meatballs. Heat large nonstick skillet over medium heat until hot. Coat with cooking spray. Place meatballs in skillet; cook 5 to 8 minutes or until browned on all sides. Place meatballs in large freezer food-safe plastic bag; cool open bag in refrigerator 1 hour. Close bag securely. Place bag into freezer.
2. Remove bag from freezer. Heat large nonstick skillet over medium heat until hot. Add remaining 2 teaspoons garlic, tomatoes and potatoes; bring to a boil. Add frozen meatballs. Reduce heat; cover and simmer 25 to 30 minutes until potatoes are tender and meatballs reach internal temperature of 165°F. Uncover; continue simmering about 5 minutes or until sauce is slightly thickened, stirring occasionally. Season with salt and pepper, as desired.
3. Sprinkle meatballs with cheese and oregano, if desired.

*Disclaimer: This recipe was created specifically for Hy-Vee’s Simple Fix meal prep kit program. Nutritional analysis may differ from originally certified American Heart Association recipe available on* [*www.BeefItsWhatsForDinner.com*](http://www.BeefItsWhatsForDinner.com)*.*

