

# Asian Meatball

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-asian-meatball-kabab-recipe>

## Ingredients:

- 1 pound lean ground beef
- 1/2 cup white onion minced
- 1 egg
- 3 garlic cloves fresh, minced
- 1 tablespoon fresh ginger grated
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon red chili pepper flakes
- 1 tablespoon soy sauce
- 3 tablespoons flour
- 6 ounces rice stix, also called vermicelli rice noodles
- 1 teaspoon sesame oil
- 2 carrots fresh, peeled into strips
- 1 bunch green onions sliced into strips
- 14 ounces beef broth
- soy sauce to serve

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 125 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 3 grams
8. Sodium: 1210 milligrams
9. Sugar: 3 grams

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