

WILDFIT SPAGHETTI & MEATBALLS

PREP TIME 15 mins	COOK TIME 4 or 8 hours, alternatively 50 mins in the oven	TOTAL TIME 1-8 hrs	SERVES 4
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Weeks 1-5, 11 and Living WildFit



INGREDIENTS & EQUIPMENT

MEATBALLS

- 1 pound grass-fed extra lean ground beef
- 1 large egg room temperature
- 2 tablespoons italian seasoning
- 1 teaspoon Himalayan salt
- 3 Tbsp ground flaxseed + 3 Tbsp cold water
- 2 cloves minced garlic
- ½ red onion, diced

SAUCE & NOODLES

- 1 sm-med spaghetti squash
- 1 Tbsp good quality olive oil
- 3-4 cups of chopped vegetables (mushrooms, zucchini, green pepper. etc.)
- 1 lrg can of diced tomatoes (or about 6 plum tomatoes)
- 1 tsp tapioca or arrowroot powder (optional)

Large Crockpot is preferred, however 2 large oven pans work well too- see alternative cooking method

PREPARATION

1. Preheat slow cooker to either high (4 hrs) or low (8 hr), (or oven to 350 F for 1 hr)
2. Chop and dice vegetables if not already prepped.
3. Mix ground flax with water to create mixture, let sit to gel.
4. Make meatballs by combining ground beef with herbs, salt, garlic and onion in a large bowl- mashing together until even.
5. Add egg and flax mixture to bowl and stir until well combined. Shape into 15 balls.
6. Cut squash in half crosswise, and pat flesh side with olive oil. Place face down in crockpot. If cooking in oven, remove seeds, then chop each half to make quarters, and place facedown in baking pan. Pour ½ inch of hot water around squash (to steam it) and place in oven to bake 45-50 mins.
7. Mix tapioca into the tomatoes (if using) and then add mixed veg to coat. Pour into crockpot around squash. If baking, drizzle olive oil into a separate large baking pan, then pour in tomato veg mixture.
8. Place meatballs over tomatoes and vegetables, around squash. (If baking, just over vegetables).
9. Place the lid on crockpot and allow dish to cook until ready (whether using low or high setting for your schedule). Test a meatball with meat thermometer or cut in half to ensure done-ness. (In oven, 25 min)
10. Remove squash, scraping out seeds to compost, then scrape 'noodles' with a fork and place onto plates.
11. Spoon vegetables over noodles and add meatballs. Save extra meatballs for a snack the following day.