Meatballs

1 pound grass-fed ground beef
1 medium onion, diced
2 cloves garlic, minced
1 bell pepper, diced
2 tsp. organic French onion dip mix
1 egg
2 Tbls. Avocado oil
¼ C. almond flour

Mix together and form into balls. Sauté in frying pan until browned on each side then bake at 350 F for 30 minutes.

