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.

A bag of food

Description automatically generated with medium confidence