

Health Bites: Meatball Recipe Variations

Video: [Let's Make Meatballs and Tomato Sauce](#)

This recipe is packed with protein, fibre, and flavour, making it both filling and tasty. Read on for recipe variations, tips for individual meal preparation, and how to make a large batch so you can freeze for reheating later.

Recipe variations

- **Add more vegetables:** Stir grated zucchini, finely chopped mushrooms, or diced bell peppers into the sauce for extra fibre and nutrients.
- **Switch from red meat to poultry:** Try lean ground turkey or chicken instead of beef.
- **Add extra flavour and colour:** Sprinkle with basil or parsley before serving.

Make individual meals for the week

- Cook the meatballs and sauce ahead of time and portion into individual containers with cooked whole wheat spaghetti.
- Store in the fridge and use later in the week for quick lunches or dinners. Enjoy within 3–4 days.

Make a large batch and freeze

- Make a double recipe and freeze half for a ready-made dinner on a busy night. Cool completely before freezing in an airtight container for up to 3 months.
- Thaw overnight in the refrigerator and reheat before serving. Add freshly cooked pasta for the best texture.
- Use leftover meatballs in sandwiches, wraps, or grain bowls for a different meal later in the week.
- Store and reheat leftovers safely. Refrigerate leftovers within 2 hours of cooking in an airtight container. Reheat leftovers to 165°F (74°C).

