

Classic Cheese Ball

Recipe makes 6 servings

Ingredients

- 16 oz Green Mountain Farms Greek Cream Cheese*
- 4 oz Buddig Beef, chopped
- 1 small Yellow Onion, finely chopped
- 1 Tbsp Worcestershire Sauce
- 1 tsp Garlic Powder

*See notes

Ingredients

1. Start by adding 16 ounces of cream cheese into a large mixing bowl, along with your chopped onion, 4 ounces chopped beef, 1 Tbsp Worcestershire sauce, and 1 tsp garlic powder.

2. Mix well, ensuring the onions and beef are worked in through the middle.

3. Form into a ball and enjoy with crackers or veggies of choice.



Nutrition Profile

- per serving -

Calories - 202
Fat - 10g
Carbohydrates - 10g
Protein - 14g
***Fiber - 1g**

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Notes

- **Greek cream cheese may not be available in your area. If not, you can substitute with reduced fat cream cheese. It has similar calories and macros. If you are tracking, you will just need to make adjustments.**
- **If you are serving this as an appetizer for a group of people, then the 6 servings probably won't apply to you. I just divided the macros by the normal 6 servings in case anybody wants to track this.**
- **This is one of a hundred ways to make a cheese ball. Feel free to substitute any ingredients to fit your preference. If you don't like a strong onion flavor, you can use less onion, or switch to green onion. Be sure to taste and adjust seasonings to fit your preference.**
- **For even distribution among meal containers, you can either estimate the portions, or weigh the entire ball, and divide that number by your number of meal containers. This recipe makes six servings, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **Store any leftovers in a sealable container in the refrigerator.**



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