

# Rice Balls

- 1/2 pound lean ground beef
  - 3/4 cup spaghetti sauce
  - 3/4 cup ricotta cheese
  - 3/4 cup (3 ounces) shredded mozzarella cheese
  - 1 1/2 teaspoons garlic powder
  - 1 teaspoon Italian seasoning
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
  - 3 cups cooked white rice
  - 1/2 cup grated Parmesan cheese
  - 1/4 cup dry bread crumbs
  - Cooking spray
1. Preheat oven to 375 degrees F. Coat a 12-cup muffin tin with cooking spray.
  2. In a large skillet over medium-high heat, brown beef; drain off any excess liquid. Remove from heat and stir in spaghetti sauce, ricotta and mozzarella cheeses, garlic powder, Italian seasoning, salt, and pepper; mix well.
  3. Meanwhile, in a medium bowl, combine cooked rice and Parmesan cheese; mix well.
  4. Place 1 heaping tablespoon of the rice mixture into each muffin cup. Using the back of a spoon, make an indentation in each mound of rice and evenly fill with meat mixture. Top evenly with remaining rice, forming a mound on each. Sprinkle with bread crumbs and coat with cooking spray.
  5. Bake 25 to 30 minutes, or until heated through and tops are golden. Using a large spoon, remove each rice ball from the muffin tin and serve.