
THE CrossFit *kitchen* K I D S



Sweet Cheeks Headquarters

MEATY MEATBALL MEN

by Shirley Brown and Alyssa Dazet

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overview

Everybody loves snowmen, but not everyone lives where it snows. These meaty men can be made right in your own kitchen with your kids' help. They're colorful, delicious and fun—what else do you need in a meaty man? Your kids and you can choose what kind of “grass” you want. We used arugula, but spinach or lettuce will work just great. Serve them on mashed cauliflower if you want them at the beach or on snow. Their heads are made of olives, and their arms are made of thinly sliced carrot sticks.

5 servings (2 meat men per serving)

blocks (per serving)

2 carbohydrate blocks
2 protein blocks
2 fat blocks

ingredients

- 1 lb. ground beef (15 percent fat)
- ½ medium onion
- ½ medium orange bell pepper
- ¼ cup fresh parsley
- ¼ cup fresh basil
- 1 egg
- ¼ cup ground almond meal
- Salt to taste

body parts

- 25 pitted medium olives (heads)
- 1 ¼ cups small carrot sticks (arms)
- 10 cups arugula or greens for grass
- 2.5 cups marinara sauce for swimming
- Toothpicks or skewers (chopped into thirds)

directions

1. Preheat oven to 350 F.
2. Finely chop onions and bell pepper.
3. In a pan with a little olive oil, sauté onions first until slightly tender, then add in bell pepper (you can use whatever color your kid wants, but remember yellow, red and orange are sweeter). Cook until tender.
4. While pepper and onion mix is cooking, chop parsley and basil.
5. Remove onions and peppers from stove. Let cool slightly.
6. Mix ingredients in a medium-size bowl. Add fresh herbs, cooked and slightly cooled pepper and onion mix, ground beef, egg, almond meal, and salt. Mix together with your hands and shape into small balls (about 20). This is where the kids can get their hands dirty.
7. Place meatballs in a 9x13 pan and bake for approximately 20 minutes.
8. Let your body parts cool slightly before assembly. Use toothpicks to be the spine/frame, and stack two balls, one on top of another. Place an olive on top for a head, and use your thinly sliced carrot sticks for his arms. Give him as many arms as he likes.
9. Serve two meatball men atop greens, with a side of marinara for dipping and extra carrots and olives.