



Easy Cheesy Meatballs

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon thyme dried
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 3 tablespoons red wine such as a california zinfandel
- ☐ 1.3 pounds ground beef 93% lean
- ☐ 1 teaspoon oregano dried
- ☐ 0.8 cup provolone cheese shredded finely
- ☐ 2 teaspoons red wine vinegar
- ☐ 3 tablespoons tomato paste

☐ 0.3 cup rice long-grain white uncooked

Equipment

☐ bowl

☐ whisk

☐ slow cooker

☐ cutting board

Directions

☐ Whisk the tomato paste, wine, and vinegar in a shallow bowl.

☐ Mix the ground beef, cheese, rice, oregano, thyme, and fennel seeds in a large bowl until the cheese and seasonings are evenly distributed throughout the ground beef.

☐ Form the mixture into balls, using about 1/3 cup for each fairly large meatball. As the meatballs are made, roll them in the tomato paste mixture, coating them lightly and evenly, then set them in the slow cooker in a single layer.

☐ Once all the meatballs are made, cover the cooker and cook on low for 6 hours, or until the meatballs are firm and cooked through.

☐ Ingredients for a 2- to 3 1/2-quart slow cooker: 2 tablespoons Italian-seasoned tomato paste 2 tablespoons full-bodied red wine, such as a California Zinfandel 1/2 tablespoon red wine vinegar 3/4 pound lean ground beef, preferably 93% lean 2 ounces (about 1/2 cup) provolone cheese, finely shredded 1/4 cup uncooked long-grain white rice 1/2 teaspoon dried oregano 1/2 teaspoon dried thyme 1/4 teaspoon crushed fennel seeds

☐ Ingredients for a 6- to 8-quart slow cooker: 1/4 cup Italian-seasoned tomato paste 1/4 cup full-bodied red wine, such as a California Zinfandel 1 tablespoon red wine vinegar 2 pounds lean ground beef, preferably 93% lean 4 ounces (about 1 cup) provolone cheese, finely shredded 1/2 cup uncooked long-grain white rice 1 1/4 teaspoon dried oregano 1 teaspoon dried thyme 3/4 teaspoon crushed fennel seeds

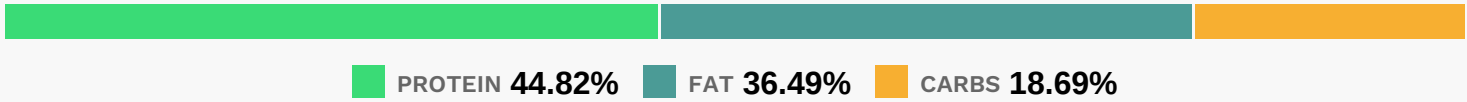
TESTERS' NOTES • There's very little sauce here, just some juices in the slow cooker. In fact, we designed these to be sort of a meatball version of meatloaf. • Substitute other cheeses for the provolone—Asiago, Swiss, or even dried Pecorino-Romano for a more assertive taste. In fact, packaged shredded provolone may well have to be minced on a cutting board to get the larger threads into tiny bits. If you really want to go easy, try a shredded Italian cheese blend.

☐ Serve It Up!

Serve these meatballs over pasta—or stack them plus any bits of sauce in baked potatoes!

SHORTCUTS Substitute an equivalent amount of Italian seasoning for the oregano, thyme, and crushed fennel seeds. Use a blend with only herbs in the mix, no preservatives or chemical fillers—and perhaps no salt, given how much is in the cheese. ALL-AMERICAN KNOW-HOW To form meatballs, dampen your hands occasionally to keep the sticky meat from clumping to your fingers. However, don't go overboard; you can actually add enough natural moisture from your hands that the meatballs won't cohere.

Nutrition Facts



Properties

Glycemic Index:51.06, Glycemic Load:11.22, Inflammation Score:-8, Nutrition Score:26.467826128006%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 479.89kcal (23.99%), Fat: 18.54g (28.52%), Saturated Fat: 9.97g (62.29%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 19.93g (7.25%), Sugar: 2.28g (2.54%), Cholesterol: 139.95mg (46.65%), Sodium: 493.54mg (21.46%), Alcohol: 1.59g (100%), Alcohol %: 0.72% (100%), Protein: 51.22g (102.43%), Vitamin B12: 4.72µg (78.59%), Zinc: 11.08mg (73.86%), Selenium: 41.69µg (59.56%), Phosphorus: 581.64mg (58.16%), Vitamin B3: 11.35mg (56.77%), Vitamin B6: 0.85mg (42.58%), Iron: 6.01mg (33.4%), Calcium: 298.76mg (29.88%), Vitamin B2: 0.46mg (26.77%), Potassium: 921.78mg (26.34%), Manganese: 0.39mg (19.51%), Magnesium: 68.24mg (17.06%), Vitamin B5: 1.61mg (16.12%), Copper: 0.27mg (13.48%), Vitamin A: 555.99IU (11.12%), Vitamin K: 11.63µg (11.07%), Vitamin E: 1.46mg (9.71%), Vitamin B1: 0.11mg (7.49%), Fiber: 1.43g (5.73%), Folate: 18.73µg (4.68%), Vitamin C: 3.73mg (4.52%), Vitamin D: 0.35µg (2.36%)