



Smothered Meatballs in Red Chile Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small ancho chiles -stemmed seeded ()
- ☐ 28 ounce canned tomatoes italian peeled drained canned
- ☐ 1 cup chicken stock see low-sodium canned
- ☐ 1 teaspoon coriander
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup bread crumbs plain dry
- ☐ 2 large eggs beaten
- ☐ 4 garlic cloves very finely chopped
- ☐ 1 tablespoon ground cumin

- ☐ 1 pound ground pork lean
- ☐ 1 pound ground sirloin
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 4 scallions coarsely chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 3 bell peppers red yellow cut into 1/2-inch strips

Equipment

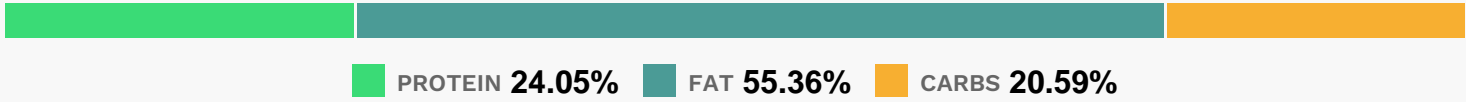
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ microwave

Directions

- ☐ In a microwavable bowl, cover the ancho chiles with the water, then cover the bowl and microwave the chiles on high for 2 minutes.
- ☐ Transfer the chiles and 1/2 cup of their soaking liquid to a blender.
- ☐ Add the tomatoes, 2 of the garlic cloves, 2 of the scallions, 1 teaspoon of the cumin, the coriander and the chicken stock. Season the chile sauce with salt and pepper and puree until smooth.
- ☐ In a large bowl, mix the pork and beef with the eggs, Parmesan, bread crumbs, thyme, 1 tablespoon of kosher salt, 1/4 teaspoon of pepper and the remaining 2 garlic cloves, 2 scallions and 2 teaspoons of cumin. Form the meat into 18 meatballs.
- ☐ In a 10-inch cast-iron skillet, heat the oil until shimmering.
- ☐ Add the meatballs and cook over moderately high heat until browned all over, about 6 minutes.
- ☐ Add the peppers and cook, stirring occasionally, until softened, 2 to 3 minutes.

- ☐ Add the chile sauce and bring to a boil. Simmer over moderate heat until the sauce is thickened and the meatballs are cooked through, about 10 minutes.
- ☐ Serve at once.
- ☐ Serve With: Sliced bread and crumbled farmer cheese.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:39.196086966473%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 608.1kcal (30.41%), Fat: 38.19g (58.76%), Saturated Fat: 13.27g (82.92%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 22.82g (8.3%), Sugar: 13.36g (14.84%), Cholesterol: 175.09mg (58.36%), Sodium: 717.19mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.32g (74.65%), Vitamin C: 131.59mg (159.51%), Vitamin A: 6718.63IU (134.37%), Selenium: 41.23µg (58.89%), Vitamin B3: 11.25mg (56.25%), Vitamin K: 57.02µg (54.3%), Vitamin B6: 1.07mg (53.3%), Vitamin B1: 0.75mg (49.85%), Vitamin B2: 0.81mg (47.56%), Phosphorus: 454.33mg (45.43%), Zinc: 6.37mg (42.45%), Vitamin B12: 2.49µg (41.43%), Potassium: 1380.94mg (39.46%), Iron: 6.76mg (37.57%), Fiber: 9.14g (36.58%), Manganese: 0.52mg (25.9%), Magnesium: 83.79mg (20.95%), Calcium: 194.37mg (19.44%), Copper: 0.37mg (18.41%), Vitamin E: 2.59mg (17.26%), Vitamin B5: 1.72mg (17.25%), Folate: 64.94µg (16.23%), Vitamin D: 0.45µg (3%)