

Albondigas

Approximately 5 - 1 1/2" rounds



Ingredients

Meatballs

1 pound ground beef, pork, or turkey

1 egg

1 tablespoon breadcrumbs

2 garlic cloves

1 tablespoon grated parmesan cheese

1 tablespoon dried parsley

1 tablespoon milk

1 tablespoon worcestershire sauce

1/2 teaspoon nutmeg

2 teaspoons salt

pinch of pepper

Sauce

1 tablespoon olive oil

1/2 onion, diced

12 ounces tomatoes, diced

1/4 cup tomato sauce

2 teaspoons dried basil

2 teaspoons dried oregano

1 teaspoon cumin

1 tablespoon sugar

1/2 teaspoon salt

1 tablespoon chopped parsley, garnish

Instructions

Preheat oven to 350 degrees & line a baking sheet with aluminum foil.

SHARE YOUR PICS

 #TasteBudsKitchen

TasteBuds[™]
K · I · T · C · H · E · N

Instructions

In a large bowl, mix meat of choice (beef, pork or turkey), egg(s), breadcrumbs, garlic, parmesan cheese, parsley, milk, Worcestershire sauce, nutmeg, salt and pepper. Be sure to include the full amount of salt as it brings out the flavor of the meat. Do not over mix or meat will become tough.

Once combined, scoop meat using a mini cupcake scoop to ensure they are all the same size and roll lightly in the palm of your hand to shape into balls.

Place meatballs on prepared baking sheet and bake for 8-10 minutes.

While meatballs are baking, prepare the sauce.

Place olive oil in a sauté pan on medium-high heat.

Add onions and cook until they are translucent.

Add diced tomatoes, tomato sauce, dried basil, dried oregano, cumin, sugar and salt and mix well. Keep sauce on a low simmer until ready for the meatballs.

Once meatballs are cooked through, gently fold them in to sauce and cook together for about 5 minutes. Be careful not to over mix and break the meatballs.

Sprinkle parsley as garnish on top and enjoy!

*TBK Tip: To make a vegetarian friendly version of this recipe, replace ground beef with a plant- based protein like Beyond Meat or Impossible Meat, ounce for ounce. Omit the Worcestershire sauce (which contains fish oil and is not considered vegetarian) or mimic it's flavor with a little dash each of ketchup, white wine vinegar, soy sauce, and hot sauce. Bake for an additional 2-4 minutes to ensure meatballs are firm throughout.

SHARE YOUR PICS

 #TasteBudsKitchen

TasteBuds[™]
K · I · T · C · H · E · N