

MARINARA MEATBALLS



INGREDIENTS

MARINARA SAUCE

1 tablespoon olive oil
1 cup yellow onion, diced
3 cloves garlic, minced
500 ml jar roasted red peppers, drained
1 teaspoon dry basil leaves
1/2 teaspoon garlic powder
1 cup no salt added chicken broth

MEATBALLS

1 pound lean ground beef
1/2 pound lean ground pork
1 tablespoon Dijon mustard
1/4 cup yellow onion, minced
1/4 teaspoon ground black pepper
1/2 tablespoon dry oregano leaves
1/2 tablespoon garlic powder
1 egg
1/4 cup panko bread crumbs
1 tablespoon olive oil

PREPARATION: 30 MINUTES

COOKING: 20 MINUTES

**5 SERVINGS
OR 20 MEATBALLS**

SUGGESTION

The fried meatballs can be frozen in portions and used with another sauce in the future.

You can also freeze the meatballs with the sauce.

| Nutrient Analysis | |
|------------------------------|----------------|
| PER SERVING | |
| 4 meatballs and 1/5 of sauce | |
| Renal exchange: | |
| 4 Protein + 1 Vegetable | |
| Calories | 393Kcal |
| Protein | 30g |
| Carbohydrates | 12g |
| Fibre | 2g |
| Total Fat | 24g |
| Saturated Fat | 8g |
| Cholesterol | 123mg |
| Sodium | 302mg |
| Potassium | 612mg |
| Phosphorus | 301mg |

PREPARATION

- 1** To make the sauce, heat oil in a large saucepan and sauté onions and garlic. Add peppers, spices and chicken stock and bring to a simmer for 2 minutes.
- 2** Puree sauce in a food processor or with a hand blender. Return sauce to the pan, cover with lid, and simmer on low heat.
- 3** To make the meatballs, blend all ingredients together in a bowl. Form twenty 1-ounce balls.
- 4** Heat oil in a skillet and brown the meatballs. Once they are browned, drain fat from skillet.
- 5** Add the meatballs to the sauce, cover the pan and let them simmer until they are cooked through (approximately 20 minutes).
Serve with white rice.