

Tomato Glazed Meatballs

Adapted from a recipe on Smitten Kitchen



GLAZE:

2 1/2 tablespoons vegetable oil, or olive oil, or avocado oil

1/2 cup tomato paste

1/4 cup cider vinegar

4 teaspoons honey

4 teaspoons Worcestershire sauce

4 teaspoons Dijon mustard

1/2 teaspoon salt

MEAT:

1 tablespoon olive oil, or avocado oil

1/2 medium onion, minced

1 medium celery stalk, minced

1 medium carrot, minced

2 cloves garlic, smashed and minced

1 teaspoon sea salt

Freshly ground black pepper to taste

3 pounds ground beef, ground chuck preferably

1 pound ground pork, lean

4 large eggs

1 tablespoon tomato paste

1 teaspoon Dijon mustard

1 teaspoon smoked paprika

2 tablespoons Worcestershire sauce

1/4 cup Italian parsley, finely chopped

1/3 cup milk

Per Serving (excluding unknown items): 654 Calories; 53g

Fat (73.5% calories from fat); 34g Protein; 9g

Carbohydrate; 1g Dietary Fiber; 234mg Cholesterol;

649mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2

Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 8 Fat; 0

Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 10

1. Make the glaze: Combine glaze ingredients in a small saucepan, and simmer, whisking constantly, for 2 minutes until and glaze is satiny smooth. Remove about 1/3 of the sauce to glaze the meatloaf balls when they come out of the oven. Use the larger portion to glaze before and during baking. Set aside.

2. Prepare the meatballs: Heat oven to 350°F. Lightly coat 2 9x13-inch baking dishes with nonstick spray or oil.

3. Add the onion, garlic, celery, and carrot to a large skillet over medium heat, coated with oil. Season with salt and pepper, and cook, stirring frequently, until they begin to brown, about 10 minutes. Set aside to cool before adding to the meat mixture.

4. In a large bowl combine the eggs, tomato paste, Dijon, smoked paprika, Worcestershire, salt and milk. Mix this thoroughly with a whisk (it will distribute better when you add the meat), then add the cooled vegetables and the meat. Stir the ingredients together with a fork or your hands until evenly blended.

5. Form the meatloaf mixture into about 10 meatballs. Arrange in baking pan. Gently flatten the top of each meatball (so the sauce won't drain off). Drizzle or brush each meatball with about 2 teaspoons or so of the tomato glaze you made earlier, and bake until cooked through, about 20 to 25 minutes (an instant-read thermometer inserted into the center of a cooked meatball will register 160° to 165°F). Pause half way through and glaze the top of the meatballs again with the sauce.

6. Brush the reserved tomato glaze on top of each meatball and serve with more chopped parsley if desired.

