

# Chipotle Meatballs in Fresh Tomato Sauce

Bon Appetit, May, 2003



*Yummy meatballs with a kick*

- 3 pounds plum tomatoes, chopped
- 1 medium white onion, chopped
- 2 cloves garlic
- 2 tablespoons chipotle chile canned in adobo, minced
- 1/2 teaspoon ground cloves
- 2 tablespoons canola oil
- 1 pound lean ground beef
- 1 pound ground pork
- 1/4 cup fresh bread crumbs
- 1 large egg
- 1 1/2 teaspoons oregano
- 1 1/4 teaspoons salt
- 3/4 teaspoon freshly ground black pepper
- 3 tablespoons capers, drained

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

*At a cooking class I learned to open a can of chipotle chiles, divide them up into small plastic bags, place those in a larger plastic bag that can be labeled. Since you never use much chipotle for any one dish, at least you'll always have it on hand. The chipotle adds a subtle, but important kick to this dish. I make this in at least double quantity and freeze both meatballs (in sauce) and rice in separate bags, and on evenings when I don't want to cook, it's really easy to pop out one of each bag and there's dinner with a vegetable and/or salad.*

1. Puree first five ingredients in blender (in batches, if necessary) until almost smooth.
2. Heat oil in large pot over medium-high heat, add tomatoes, cover and simmer for 10 minutes just to blend flavors and thicken slightly. Stir occasionally and season with salt and pepper. This can be prepared up to 3 days ahead. Cover and refrigerate.
3. In a large bowl combine the beef and pork and next six ingredients. Add 1/2 cup of the cooled tomato mixture and stir well. Using your hands, form about 1 rounded tablespoon of meat mixture into a ball. Insert 2-3 capers into the center and reshape to cover them. Repeat with remaining meat mixture and capers.
4. Bring sauce to a simmer over medium heat. Add meatballs, cover and simmer until meatballs are cooked through, about 20 minutes.
5. Meanwhile, prepare a batch of basmati rice. I use brown basmati rice because it's better for us. Spoon rice into a large shallow bowl and ladle meatballs and sauce on top.

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Per Serving (excluding unknown items): 511 Calories; 38g Fat (66.6% calories from fat); 30g Protein; 13g Carbohydrate; 3g Dietary Fiber; 147mg Cholesterol; 635mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 Vegetable; 5 Fat; 0 Other Carbohydrates.