

# MEATBALLS IN SMOKY TOMATO SAUCE

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COOK TIME: 50mins

SERVES: 4

CALORIES: 638 kcal (PER SERVING)

## INGREDIENTS

### \*MEATBALLS

250 g/9 oz ground beef

250 g/9 oz ground pork

1 egg yolk

1/4 cup panko breadcrumbs

1 tsp each: salt, pepper, garlic powder,

ground coriander

### \*SAUCE

100 g/4 oz spicy chorizo sausage, chopped

1 tbsp vegetable oil

1 tbsp salted butter

1 bell pepper, finely chopped

1 small onion, finely chopped

3 garlic cloves, minced

1/2 cup chicken broth

2 cups crushed tomatoes

2 heaped tbsp tomato paste

1 can black beans, not drained

1 tsp each: salt, black pepper, dried oregano,

ground cumin, red pepper flakes

1 tsp chipotle powder or 2 tbsp chipotle in

adobo sauce, optional

2 tsp smoked paprika

cilantro, for serving

sour cream, for serving

warm tortilla or rice, for serving

## DIRECTIONS

Add all the ingredients for the meatballs to a large bowl. Mix until just combined, using your hands. Coat your hands with water and roll the meat into 2 tablespoon-size balls. Will make about 25 meatballs.

Heat oil and butter in a large non-stick skillet set over medium heat. Add chorizo, cook until crispy.

Remove from skillet leaving the chorizo grease in the skillet.

Add meatballs and brown on all sides, about 8 minutes, turning them frequently. Remove from skillet.

Add onion and garlic, sauté for 2 minutes. Deglaze the skillet with chicken broth, simmer for 2 minutes, stirring the brown bits from the bottom of the skillet with a wooden spoon.

Add bell pepper and spices, stir to combine and cook for 5 minutes. Add crushed tomatoes, tomato paste and black beans, bring to a boil.

Return meatballs back to the skillet, stir gently to coat. Simmer for 15 minutes or until the sauce is thickened and meatballs are cooked through.

Adjust salt to your own taste and add more chili powder if you can handle the heat.

Serve with rice or warm tortilla, topped with crispy chorizo and cilantro leaves. Enjoy!

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