

BLENDED MUSHROOM BEEF “KEFTA” MOROCCAN MEATBALLS, TOMATO SAUCE

**Serving size: 4 ea +
¼ cup sauce**

Makes 5 servings

- 1-1/2 tsp Canola Oil
- ¼ cup Onion, diced
- 1 tsp Garlic, minced
- ¾ tsp Paprika
- ¾ tsp Cumin
- ½ tsp Cinnamon
- 1-1/2 cups Crushed Tomatoes, canned
- 1/3 cup Water
- ¾ tsp Salt
- 2 tsp Cilantro, chopped
- 2 tsp Parsley, chopped
- 1 TBSP Canola Oil
- 1 cup Mushrooms, finely chopped
- 1 cup Onion, finely chopped
- 1 cup Bell Peppers, finely chopped
- 2 tsp Cumin
- ½ tsp Cinnamon
- 10 oz Ground Beef, 80/20
- 3 TBSP Parsley, chopped
- 3 TBSP Cilantro, chopped
- 1 Egg, beaten
- 1/3 cup Panko Breadcrumbs
- Nonstick Cooking Spray

Preparation:

To Prepare Tomato Sauce:

1. Heat oil in a pot. Sauté onions and garlic until translucent. Add paprika, cumin and cinnamon. Cook until fragrant. Stir in crushed tomatoes and water. Simmer for 20 minutes. Add salt, cilantro and parsley into sauce. Hold sauce hot until ready to use.

To Prepare Blended Mushroom, Beef “Kefta” Meatballs:

1. Heat oil in a sauté pan. Sauté mushrooms, onions and peppers until all liquid is cooked out of vegetables. Add cumin and cinnamon and continue cooking until fragrant.
2. In a bowl, combine sautéed vegetable mixture, beef, parsley, cilantro, egg and breadcrumbs until evenly mixed.
3. Portion mixture into a 2 tbsp portion and roll into balls. Place meatballs on a sheet tray prepared with nonstick cooking spray or parchment.
4. Bake meatballs in a 375°F oven until golden brown and cooked through, about 15-20 minutes. Serve meatballs with reserved tomato sauce.



Registered Dietitian Approved!

NUTRITION FACTS PER SERVING

calories	260
total fat (g)	15
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	470
total carbohydrate (g)	15
dietary fiber (g)	4
sugar (g)	7
protein (g)	18