

Tofu, Green Pea “Meatballs”, Curry Sauce **FIT**

Portion Size: 4 “meatballs”, 2 fl. oz. sauce

Yield: 6 servings



RD Tip: Cook meatballs and sauce in a crockpot for a quick back to school meal.

Masala Curry Sauce

Canola Oil	3 tsp
Red Onions, chopped	½ cup
Ginger, fresh, minced	3 tsp
Garlic, minced	2 tsp
Curry Powder	¼ tsp
Garam Masala	1 ¾ tsp
Crushed Tomatoes, canned	2 cups
Water	¼ cup
Salt	1 tsp
Heavy Cream	4 tbsps

“Meatballs”

Potatoes, peeled, diced	¼ lb
Tofu, extra firm	1 ½ lb
Canola Oil	1 ½ tsp
Red Onions, chopped	2 tbsps
Green Peas, frozen	3 oz
Garam Masala	1 ½ tsp
Cilantro, chopped	2 tbsps
Panko Breadcrumbs	1 cup
Egg	1 each
Salt	¾ tsp

To prepare Masala Curry Sauce: Heat oil in a pot. Sweat onions until translucent. Add ginger, garlic, curry powder and garam masala. Cook until fragrant. Stir in crushed tomatoes and water. Bring to a simmer and cook for 20 minutes. Stir in salt and heavy cream. Puree sauce with an immersion blender and keep warm until ready to use.

To prepare Tofu, Green Pea “Meatballs”:

1. Steam potatoes until tender, about 15 minutes. Mash potatoes until smooth and reserve.
2. Crumble tofu and place in a fine mesh strainer. Allow tofu to drain for at least 30 minutes.
3. Heat canola oil in a sauté pan. Sweat onions until translucent. Stir in peas and garam masala. Cook until fragrant and the peas are heated through.
4. In a bowl combine crumbled/drained tofu, potatoes, sautéed peas and onions, cilantro, breadcrumbs, egg and salt. Stir mixture until evenly combined.
5. Scoop meatballs into 2 tablespoon portions and roll firmly until round. Place “meatballs” on a sheet tray prepped with nonstick cooking spray. Bake in a 375°F oven until lightly browned and firm, about 15 minutes. Serve meatballs with Masala Curry Sauce.

Nutrition Info (1 serving): Cal: 280, Total Fat: 15g, Sat Fat: 3g, Sodium: 500mg, Carbs: 17g, Protein: 23g, Sugar: 4g, Fiber: 5g

Food by FLIK

Moroccan Beef, Mushroom “Kefta” Meatballs, Tomato Sauce **FIT**

Portion Size: 4 “meatballs”, 2 fl. oz. sauce

Yield: 5 servings



RD Tip: Cook meatballs and sauce in a crockpot for a quick back to school meal.

Tomato Sauce

Canola Oil	1 ½ tsp
Yellow Onions, diced	¼ cup
Garlic, minced	1 tsp
Paprika	¼ tsp
Cumin, ground	¼ tsp
Cinnamon, ground	½ tsp
Crushed Tomatoes, canned	1 ½ cups
Water	1/3 cup
Salt	¾ tsp
Cilantro, chopped	2 tsp
Parsley, chopped	2 tsp

Meatballs

Canola Oil	1 tbsps
Mushrooms, finely chopped	1 lb
Yellow Onions	1 cup
Bell Peppers, finely chopped	1 cup
Cumin, ground	2 tsp
Cinnamon, ground	2/3 tsp
Ground Beef, 80/20	10 oz
Parsley, chopped	3 tbsps
Cilantro, chopped	3 tbsps
Egg, beaten	1 each
Panko Breadcrumbs	1/3 cup
Nonstick Cooking Spray	as needed

To prepare Tomato Sauce: 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 Beef, Mushroom “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 tbsps portion and roll into balls. Place meatballs on a sheet tray prepared with nonstick cooking spray.
4. Bake meatballs in a 375°F oven until golden brown and cooked through, about 15-20 minutes. Serve meatballs with reserved tomato sauce.

Nutrition Info (1 serving) : Cal: 260, Total Fat: 15g, Sat Fat: 4g, Sodium: 470mg, Carbs: 15g, Protein: 18g, Sugar: 7g, Fiber: 4g

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