

Meatballs with Honey Tomato Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Chicken
1/2 Yellow Onion (medium, chopped)
2 Garlic (cloves, minced)
1 Egg
1 tsp Sea Salt (divided)
1/4 tsp Black Pepper
2 tbsps Coconut Oil
1/2 cup Chicken Broth
1/3 cup Tomato Paste
1/4 cup Raw Honey
1 tbsp Apple Cider Vinegar
1/4 tsp Paprika
1/4 tsp Ground Mustard

NUTRITION

AMOUNT PER SERVING

Calories	331	Iron	2mg
Fat	17g	Vitamin D	10IU
Carbs	24g	Folate	10µg
Fiber	1g	Magnesium	36mg
Protein	23g	Zinc	2mg
Vitamin C	5mg		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 03 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 04 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 05 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

NOTES

RECIPE ID 622

SLOW COOKER VERSION

Add formed meatballs with sauce and cook on low for 6-8 hours.

SERVING SIZE

A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.