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Prevent and Protect
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SPICY CHIPOTLE MEATBALLS WITH RICE

(WWW.REALSIMPLE.COM)

Makes 4 servings

- 1 tablespoon olive oil
- 1 medium onion, diced
- 6 cloves garlic, finely chopped
- 1 28-ounce can whole tomatoes
- 2-3 teaspoons chopped canned chipotle chilies in adobo sauce
- 1 cup long-grain white rice
- 1 1/2 pounds ground beef chuck
- 1/2 cup chopped fresh cilantro, plus more for serving
- 1/4 cup bread crumbs
- 1 large egg, beaten
- 1 teaspoon ground cumin
- Kosher salt and black pepper

Preparation:

- Heat the oil in a large skillet over medium heat. Add the onion and half the garlic and cook, stirring occasionally, until beginning to brown, 5-7 minutes. Add the tomatoes (with their juices) and chipotles; using a potato masher, break up the tomatoes. Simmer, partially covered, until the sauce has thickened, 15-20 minutes. If the sauce becomes too thick, add up to 1/2 cup of water.
- Meanwhile, cook the rice according to the package directions.
- While the rice is cooking, in a medium bowl, combine the beef, cilantro, bread crumbs, egg, cumin, the remaining half of the garlic, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. Shape the mixture into 16 meatballs (about 2 heaping tablespoons each).
- Heat broiler. Place the meatballs on a foil-lined broiler proof baking sheet and broil, turning once, until cooked through – 8 to 10 minutes.
- Add the meatballs to the sauce. Serve over the rice and sprinkle with additional cilantro.