



Spicy Golden Meatballs with Tomato Curry Sauce

Generously infused with healthy spices and herbs

Tomato Curry Sauce

1 Tablespoon olive oil
3/4 cup chopped onion
1 green sweet bell pepper, deseeded; chopped
2 celery stalks, diced
1/4 cup chopped roasted red peppers
5 large garlic cloves, minced

1/2 teaspoon (each) turmeric, ground coriander; ground cumin
1/2 teaspoon ground curry powder
1 teaspoon salt
1/4 teaspoon ground black pepper
1 (15 ounce) can crushed tomatoes with juice
1 (5.5 ounce) can spicy hot vegetable juice

1/2 cup red wine
1/4 to 1/2 cup water as needed
1 teaspoon lime juice
1/2 cup fresh cilantro, chopped

Cook Vegetables: Heat large saucepan over medium heat; add oil, onions, peppers, and celery; sauté for about 2 to 3 minutes to soften; add red peppers and garlic; cook for 1 to 2 minutes.

Add Ingredients: In small bowl, combine turmeric, coriander, cumin, curry powder, salt, and black pepper; stir into pan ingredients; Add canned tomatoes with juice, spicy vegetable juice, and red wine; bring to a boil, reduce heat to simmer; cook for about 10 minutes. Add additional water as needed. Stir in lime juice and cilantro.

Blend into Sauce: With a hand blender or food processor, lightly puree, leaving a slightly chunky sauce; keep warm to serve with meatballs.

Spicy Golden Meatballs

1 Tablespoon canola oil or cooking spray
1/2 cup chopped onion
1 Tablespoon chopped pepperoncini
2 large garlic cloves, minced
1/4 cup chopped roasted red peppers
1 egg
1 teaspoon (each) ground turmeric; oregano; salt
1/4 teaspoon (each) ground sage; ground black pepper
1 teaspoon chopped fresh dill
1/2 teaspoon chopped fresh mint
1-pound ground beef or lamb
1/2 cup Panko breadcrumbs or as needed
Cooking spray as needed
Serve as desired with: fresh spinach leaves; crumbled feta cheese

Preheat oven to 400 degrees F. Spray large rimmed nonstick baking pan with cooking spray or brush with oil. Set aside.

Mince Vegetables: In food processor, place onion, pepperoncini, garlic, roasted red peppers, and pulse until minced.

Add Ingredients: In large bowl, combine egg, turmeric, oregano, salt, sage, black pepper, dill, and mint. Stir in vegetables from food processor. Add the ground meat and breadcrumbs; combine until well mixed and will form into meatballs.

Form and Bake Meatballs: Using a small ice cream scoop, form meat into 24 small meatballs. Place on prepared baking pan about 1 inch apart. If desired, lightly spray with cooking spray. Bake in preheated oven for about 15 to 20 minutes or golden brown. Remove from oven; set aside to serve with tomato curry sauce.

To Serve: Place fresh spinach leaves on large platter; place meatballs over spinach; sprinkle with some of the chunky tomato sauce; sprinkle with feta cheese as desired. Serve remaining chunky tomato sauce on the side. About 24 meatballs and 3 to 4 cups sauce Serves: 4

Cook's Note: You can use either ground beef or lamb. The dish can be prepared ahead and rewarmed. The recipe was inspired by a delicious dinner we had at Tupelo Honey restaurant.

About the Recipe: The flavor blend of the herbs and spices combine to form a rich tasty sauce with turmeric enhanced meatballs. The healthy dish can be prepared ahead of time and served with your favorite pasta or grain.