



### **Add Mushrooms for More Nutrients and Antioxidants**

#### **Baked Meatballs with Crisp Cabbage Combo**

*Tastes like a traditional stuffed cabbage with a crisp cabbage twist*

#### **Onion/Mushroom Combo:**

- 1 Tablespoon olive oil or coconut oil
- 1 large onion, finely chopped
- Salt and ground black pepper to taste
- 6 ounces fresh mushrooms, cleaned, chopped
- 2 garlic cloves, minced

Melt oil in cast iron skillet, add onions, sprinkle lightly with salt and ground black pepper; cook medium heat partially covered for 5 minutes; add mushrooms, toss with onion; cover, cook for 3 to 4 minutes; remove cover; toss with garlic; cook 1 minute. Remove from skillet; set aside.

### **Beef Meatballs:**

2 slices crustless soft bread, chopped  
1/4 cup vegetable broth  
1 pound grass fed organic ground beef  
2 Tablespoons soft goat cheese  
2 Tablespoons (each) fresh chopped parsley; fresh minced dill  
1/2 teaspoon (each) salt; ground black pepper  
Cooking spray as needed

Preheat oven to 400 degrees F. Foil line large baking pan. Place bread cubes in bowl; stir in broth to cover bread; set aside to soften. Place chunks of ground beef in large bowl; add softened bread, goat cheese, parsley, dill, salt, black pepper, and 1/2 cup reserved onion mixture. Using your hands, mix until beef mixture is fully combined. With a scoop, shape mixture into 16 small meatballs; place on foil lined baking pan so they are not touching. Spray tops of meatballs with olive oil spray. Bake in preheated oven for 15 minutes or 165 degrees F. Remove from oven; loosen meatballs in pan; remove to plate to stay warm.

### **Tomato Gravy:**

1 (14.5 oz.) can organic petite diced peeled tomatoes with juice  
1 teaspoon minced fresh dill  
1/2 cup organic vegetable broth  
1 cup organic tomato sauce  
Place tomatoes with juice in cast iron skillet; add dill, vegetable broth, and tomato sauce; cook over medium heat until hot; stir in remaining reserved onion mixture. Place meatballs in hot tomato gravy; spoon gravy over meatballs. Set aside to stay warm.

### **Cabbage Combo**

2 cups chopped Napa cabbage  
1 cup coarse chopped fresh kale  
1 Tablespoon fresh lemon juice  
Salt; ground black pepper to taste

In a medium sized bowl, toss cabbage and kale with lemon juice; season with salt and black pepper.

**To Serve:** Tomato gravy on serving plate; mount meatballs over gravy; spoon some of the gravy over meatballs. Arrange the Cabbage Combo on the side of the serving platter. Serve warm.

**Serving suggestion:** Toasted Artisan bread slices with soft goat cheese

**About the Recipe:** Beef meatballs and its comforting companion cabbage, are teamed together in a hearty comfort dish that is frequently served in Eastern Europe. The crisp cabbage, in place of heavy cooked cabbage, is tossed with fresh lemon and kale, adding a fresh twist to the flavorful tomato gravy.