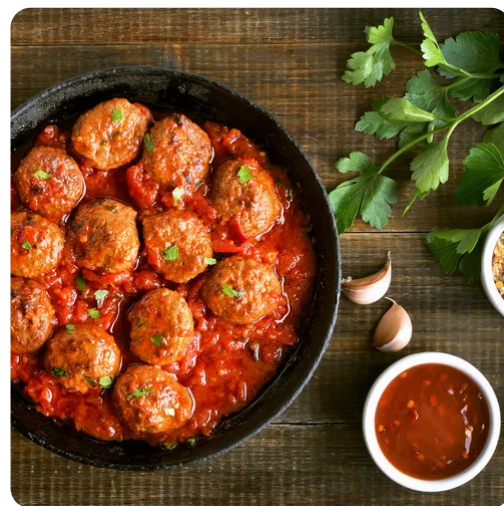


# Chilli Con Carne Meatballs

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↑↓ Servings: 12 meatballs



## NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
119 kcal	7 g	8 g	5 g	2 g

PREP TIME	COOK TIME	COURSE
20 mins	30 mins	Dinner

## INGREDIENTS

- 450 g Ground Beef
- 1 Tbsp Chilli Powder
- 0.5 Tsp Salt
- 0.25 Tsp Black Pepper
- 3 Red Peppers Roasted, drained
- 2 Shallots Scallions
- 1 Tsp Smoked Paprika
- 425 g Tomato Sauce
- 1 Bunch Cilantro Coriander, plus extra for garnishing

## INSTRUCTIONS

1. In a bowl combine ground beef, chilli powder, salt and pepper.
2. Scoop one tablespoon spoon of meat mixture and with dampened hands quickly shape into meatballs.
3. Heat 1 tablespoon of olive oil in a large nonstick frying pan over medium-high heat.

4. Add meatballs 8 at a time and cook for 5 minutes, turning to brown on all sides.
5. Remove and drain on a paper towel after each batch. Set meatballs aside.
6. In the meantime, in a food processor combine peppers, scallions, paprika, tomato sauce, cilantro and blend until smooth and creamy.
7. Once finished browning meatballs, pour red pepper mixture into the same frying pan and cook on medium heat for 15 to 20 minutes.
8. Add meatballs to pan, reduce heat to a simmer and cook for further 8 to 10 minutes, stirring very gently a couple of times during the simmer.
9. Transfer to a platter and top with some chopped scallions and fresh cilantro (coriander).



#### KEYWORDS

Dinner