

Berry Good Meatballs

Yields: about 20 meatballs @ 2 oz. each
one 2 oz. meatball = 1 unit protein
one Tbsp. Sauce = 1 unit carbs

Meatball Ingredients:

1 pound Lean Ground Pork
1 pound Lean Ground Turkey Meat
1/2 cup Egg Replacement
1/3 cup Panko Breadcrumbs
1 tsp. Kosher salt
1/2 tsp. Black pepper
1/2 tsp. Garlic Powder
1/2 tsp. Dry Minced Onions
1/2 tsp. Dry Thyme

Berry Good Sauce Ingredients:

one 16 oz. can Cranberry Sauce
one 12 oz. jar Chili Sauce
1/4 cup No Sugar Added Marmalade
1/4 cup water
2 Tbsp. Low-Sodium Soy Sauce
2 Tbsp. Raspberry Red-Wine Vinegar
1 tsp. Dried Red Pepper Flakes

Directions:

Step 1: Place a large piece of wax paper on the counter. Combine Meatball ingredients in a bowl. Use clean hands to mix well and shape into about TWENTY 2 oz. balls.

Step 2: Spray a non-stick skillet with Canola Oil. Heat skillet to medium-high and cook meatballs in batches until browned on all sides. About 5 minutes. Remove browned batches to paper towels to drain.

Step 3: In a large deep pot over medium heat, stir together Berry Good Sauce ingredients, whisking occasionally, 5 minutes or until smooth. Add the browned meatballs and cook for 15 - 20 minutes; stirring occasionally.

