

Lebanese Spiced Meatballs in Tomato Sauce



Makes:

8

Utensil:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

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Recipe:

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Recipe Description:

Middle Eastern meatballs are often referred to as Kufteh, meaning "mashed", especially if they are cooked in a stew or sauce. These meatballs are full of spicy, savory and sweet spices. Make a double batch of the meatballs and freeze them for a quick meal.

Tomato Sauce

1 medium onion, grated, use Cone #2
2 garlic cloves, shredded, use Cone #1
1/4 cup
Tomato paste
(65 1/2 g)
28 oz
crushed tomato
(798 g)
1 tsp
oregano
(1 1/3 g)
1/2 tsp
cinnamon
(1 1/3 g)
1 1/2 cups
chicken stock
(356 ml)

Meatballs

1
lb ground beef, lamb, turkey or combination (1/2 kg) 1
1

medium onion, grated, use Cone 2
 #2 $\frac{1}{2}$
 carrot, trimmed, scrubbed, grated, use Cone $\frac{1}{2}$
 #2 $\frac{1}{2}$
 garlic, cloves, shredded, use Cone $\frac{1}{4}$
 #1 $\frac{1}{4}$
 tsp allspice, ground (1 g) $\frac{1}{3}$ tsp cinnamon, ground (1 g) $\frac{1}{4}$
 tsp cumin, ground (1 g) $\frac{1}{3}$ tsp cayenne pepper (2/3 g) 2
 cup parsley leaves, $\frac{1}{4}$ (15 g)
 chopped
 cup cilantro leaves, (15 g) eggs, whole $\frac{1}{2}$
 chopped cup bread (36 g $\frac{1}{8}$
 crumbs)
 tsp natural salt (optional) (3 g) tsp ground pepper **Directions:**

1. Preheat Ultimate Culinaire over medium heat until a small sprinkle of water skitters and dissipates.
2. Prepare sauce; Sauté onion and garlic for 2-3 minutes until lightly browned.
3. Add tomato paste, oregano and cinnamon and stir, cook for 2 minutes.
4. Add crushed tomato and chicken stock, stir. Cover pan and when Vapo-Valve™ begins to click turn heat to low and cook for 15 minutes.
5. While tomato sauce is cooking prepare meatballs. Place ground meat in mixing bowl. Process onion, carrot and garlic into bowl. Add allspice, cinnamon, cumin, cayenne, parsley, cilantro, eggs, breadcrumbs, salt and pepper.
6. Thoroughly combine all of the meatball ingredients. Roll into 16 meatballs. Place meatballs on a clean plate, cover and refrigerate.
7. Carefully place meatballs into tomato sauce, using a spoon to gently press meatballs under the sauce, cover and cook for 20-25 minutes, until meatballs are cooked through.
8. Serve meatballs as is with sauce and additional chopped cilantro and parsley on top.

Tips:

- Serve meatballs over steamed rice or with Lebanese flatbread or pita bread.
- Use an ice cream scoop to evenly portion and scoop meatballs, size may vary depending on the size of your ice cream scoop.

Nutritional Information per

▼ Serving

Calories: 256
Total Fat: 11g
Saturated Fat: 4g
Cholesterol: 99mg
Sodium: 387mg
Total 18g
Carbs:
Dietary Fiber: 3g
Sugar: 8g
Protein: 21g