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▶▶▶▶ January 2013 ◀◀◀◀

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Spicy Lamb Meatballs in Tomato Sauce

Prep Time: 30 mins

Cook Time: 45 mins

Total Time: 1 h 15 mins

Ingredients

- 1 dash(es) cooking spray, to coat baking sheet
- 12 ounce(s) lamb, ground
- 12 ounce(s) turkey, ground, 93% Lean
- 1 cup(s) bread crumbs, soft whole-wheat
- 1 large egg white(s)
- 1 cup(s) onion(s), minced, divided
- 6 clove(s) garlic, minced, divided
- 4 tablespoon mint, fresh, chopped, divided
- 1 teaspoon coriander, ground
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon salt, Kosher, divided
- 1 tablespoon oil, olive, extra virgin
- 1/2 cup(s) wine, red, table
- 1/4 teaspoon pepper, cayenne
- 28 ounce(s) tomatoes, crushed

Preparation

- 1) Preheat oven to 350°F. Coat a baking sheet with cooking spray.
Combine lamb, turkey, breadcrumbs, egg white, 1/2 cup onion, half the garlic, 2 tablespoons mint, coriander, cumin and 1/4 teaspoon salt in a large bowl. Gently mix to combine. Shape into 48 little meatballs, about 1 tablespoon each. Place on the prepared baking sheet.
- 2) Bake the meatballs for 10 minutes. Set aside.
- 3) Meanwhile, heat oil in a large saucepan over medium heat. Add the remaining 1/2 cup onion and cook, stirring, until golden, 3 to 5 minutes.
- 4) Stir in the remaining garlic, wine, cayenne and the remaining 1/4 teaspoon salt. Simmer over medium-low heat until the wine has reduced significantly, 3 to 5 minutes.
- 5) Add tomatoes, return to a simmer, reduce heat to low and simmer, partially covered, for 20 minutes.
- 6) Add the meatballs to the sauce and cook until heated through, about 5 minutes. Garnish with the remaining 2 tablespoons mint.