

# Fajita Meatballs and Rice

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## Servings: 4

*8 ounces baby bell peppers, quartered and seeded*  
*1 onion, thickly sliced*  
*2 tablespoons extra-virgin olive oil*  
*olive oil for spraying*  
*Kosher salt*  
*freshly ground pepper*  
*1 eight-inch flour tortilla*  
*1 cup converted white rice*  
*1/2 cup salsa (mild, medium or hot)*  
*1 1/4 pounds ground beef*  
*1 large egg*  
*2 teaspoons chili powder*  
*1 teaspoon ground cumin*  
*sour cream (for topping)*  
*pickles jalapenos (for topping)*  
*crumbled cotija cheese OR queso fresco (for topping)*

## Preparation Time: 30 minutes

Arrange the oven racks to the middle and upper third of the oven. Preheat the broiler.

Line two baking sheets with foil.

In a bowl, toss the bell peppers and onion with the olive oil and a big pinch of salt and pepper. Place on one of the baking sheets. Broil on the middle oven rack, stirring occasionally, until the vegetables are crisp-tender and lightly charred, 15 to 20 minutes.

Meanwhile, tear the tortilla into small pieces. In a large bowl, combine the pieces with 1/4 cup of hot water. Stir well and set aside to soften, about 5 minutes.

In a medium saucepan, combine the rice, salsa, two cups of water and a pinch of salt. Bring to a simmer. Stir well and cover. Reduce the heat to low. Cook until the rice is tender but still saucy, about 5 minutes. Uncover and stir well.

Brush the second baking sheet with olive oil. Using your fingers, squish and crumble the soaked tortilla pieces in the bowl. Add the beef, egg, chili powder, cumin, 3/4 teaspoon of salt and a few grinds of pepper. Mix well. Form into sixteen meatballs of about two tablespoons each. Place the meatballs on the oiled pan. Broil on the upper oven rack until browned and cooked through, 8 to 10 minutes.

Divide the rice among the plates. Top with the meatballs, peppers and onion. Serve with sour cream, jalapenos and cheese.

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Per Serving (excluding unknown items): 593 Calories; 47g Fat (72.4% calories from fat); 27g Protein; 13g Carbohydrate; 2g Dietary Fiber; 174mg Cholesterol; 214mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 7 1/2 Fat.