
Mexican Meatballs (Albondigas)

Monica Suchoff-Kimmelman - Texas

North American Potpourri - Autism Directory Service, Inc - 1993

1 pound ground meat (beef or turkey or a mixture)

1 clove garlic

1 small onion

1 small bell pepper

1 egg

2 tablespoons bread crumbs

16 to 24 ounces canned tomato sauce

salt (to taste)

pepper (to taste)

In a food processor (or by hand), finely chop the garlic, onion and bell pepper. Add to the ground meat. Add the egg, bread crumbs, salt and black pepper, to taste. Form into meatballs of the desired size.

In a Dutch oven with a small amount of olive oil, brown the meatballs. Drain the excess oil.. Cover with tomato sauce.

Simmer for about 20 to 30 minutes.

Serve over Mexican rice.

Meatballs

Per Serving (excluding unknown items): 206 Calories; 6g Fat (26.1% calories from fat); 10g Protein; 28g Carbohydrate; 5g Dietary Fiber; 212mg Cholesterol; 193mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 1/2 Fat.