Chipotle Meatballs

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Beef

These smoky meatballs are very simple to make and bursting with tanginess, thanks to chipotle chilies that add depth of flavor. Many of the ingredients are mixed into the meatballs as well as being featured in the sauce. Serve alongside some green vegetables, topped with avocado or cilantro.

Ingredients:

1 large onion, diced

2 tbsp extra virgin olive oil, divided

2 lbs. ground beef

2 chipotle chilies, seeded and finely diced

3 cloves garlic, minced

1 tsp cumin

1 tsp sweet paprika

1 tsp salt

1/2 tsp ground coriander

1/2 tbsp ghee

For the sauce:

3 chipotle chilies, seeded and finely diced

1 14.5-oz. can diced tomatoes

1 bay leaf

1 tsp cumin

1 tsp sweet paprika

1/2 tsp ground coriander

1/4 tsp salt

Directions:

1. Heat one tablespoon of olive oil in a large skillet over medium heat; sauté the onion for 4-5 minutes until soft. Place half of the onion in a large bowl and set aside the rest. In the large bowl with the onion, add the ground beef, chilies, garlic, cumin, paprika, salt, coriander, and remaining tablespoon of olive oil. Stir well to combine. Use your hands to form the meat mixture into small balls.

2. Melt the ghee in the skillet over medium heat. Add the meatballs and cook for 2-3 minutes per side to brown. Once browned, add the remaining cooked onion and ingredients for the sauce. Cook for 10 minutes, stirring frequently. Adjust salt to taste. Serve hot.

