



Wellington Meatballs

Meatballs, Mushroom Pate' & Mustard, Wrapped and Baked in a Crispy Pastry Shell

A traditional Beef Wellington is an awesome, fancy, show-stopper of a dish. It's a large beef roast slathered in finely minced mushrooms, wrapped in puff pastry and baked. I decided to make a cool little appetizer version using meatballs and store bought pillsbury pizza dough. Best part, all of the components can be cooked days ahead of time and even assembled/frozen in advance.

Servings Info.:

Yield: 30 meatballs

Servings: 30

Serving Size: 1 piece



Range

1-2

- last checked 02/01/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat Mixture:

- 1 lb. extra lean ground turkey
- 2 Tbsp plain fat free Greek yogurt
- 3/4 cup rice krispies cereal. Measure, then crush.
- 1 egg
- 1 tsp cocoa powder
- 2 tsp granulated beef boullion
- 1/4 tsp ground cumin
- 2 tsp smoked paprika
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp cracked black pepper
- 1/4 tsp baking soda, dissolved with 1 Tbsp water

Mushroom & Onion Pate':

- 8 oz sliced mushrooms, any preferred variety
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 Tbsp red wine mixed with 2 Tbsp water
- 1 Tbsp red wine vinegar
- 1/3 cup fat free beef broth
- 1/4 tsp dried thyme
- 1/4 tsp salt
- 1/4 tsp cracked black pepper

Additional Ingredients:

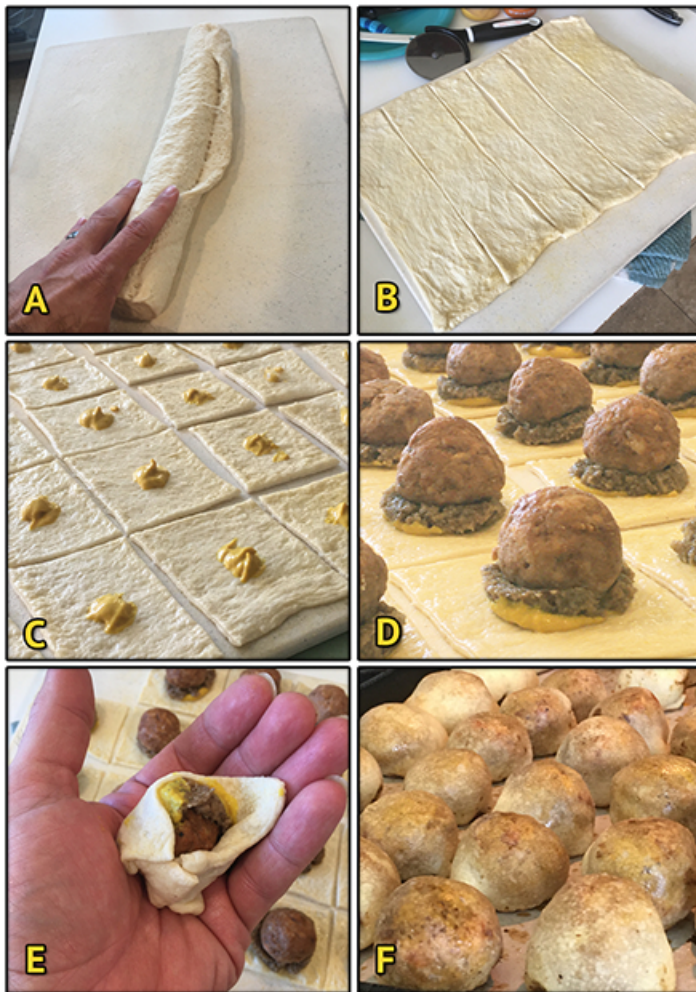
- 1 tube Pillsbury 'classic' pizza crust. Located in the refrigerated aisle, near the canned biscuits. (see notes)
- Classic yellow mustard

Directions:

1. Mix all of the 'meat mixture' ingredients together. Set aside and let rest for 30 minutes.



2. (A) While the meat is resting, heat a pan over medium-high heat. Spray with cooking spray, then add the mushrooms, onions, garlic, salt and pepper. Cook for 5 minutes. Add the red wine, water, and vinegar. Cook until the liquid evaporates, then add the beef broth and thyme. Simmer another 5-6 minutes, or until the liquid evaporates. (B) Pour mixture into a food processor and pulse until finely minced. Set aside in the fridge. (C) Use a measuring spoon to scoop out an EVEN 1 Tbsp portions of the meat, then form into balls. (D) Bake at 375 degrees for 12 minutes. Store the meatballs and mushroom mixture in the fridge, let cool COMPLETELY.



NOTES:

- **DOUGH:** I used a tube of Pillsbury 'classic' pizza dough. It can be found in most major grocery stores, in most regions of the US. However, if you can't find it, feel free to use any generic brand pizza dough. But, check and adjust points if necessary.
- **MUSHROOM PATE:** You can also make this recipe a little less labor intensive, by making the mushroom pate, THEN mixing it into the raw meat, for the meatballs. The meatballs will be moister and you'll get an extra 7 or 8 of them. Once the meatballs are baked, all you'll need to do is smear some mustard on them, before they are wrapped in dough.
- **RED WINE?:** Regular recipes for the mushroom pate' typically call for 1/4 cup of red wine, which is 2 points. I'm make it 0, by using 1 Tbsp red wine, with a little water and some red wine vinegar. You still get a subtle red wine flavor, but for 0 points and less calories.
- **DIPS:** This appetizer goes very well with my 'Creamy Horeseradish Sauce/Dip' from Cookbook 1, pg. 73. However, these savory bites will honestly taste great with most any dip.
- **VARIATIONS:** You can get more creative with these, by using some of my other meat mixes. Examples: My Italian Sausage recipe, with marinara sauce. Chorizo with a spicy crema sauce. My Bratwurst mix, with my beer & cheese dipping sauce.

3. (A) Dust a large cutting board with 1-1/2 tsp flour, place the dough onto the surface, 'seam side' up. Carefully open/unroll the dough and use a rolling pin to stretch it out. Spray with cooking spray if needed. (B) Use a knife or pizza cutter to slice 6 rows, lengthwise, and 5 rows up. (C) Place a small dollop of mustard onto each dough square. (D) Next place 1 tsp mushroom pate' onto the mustard, then a meatball. (E) Stretch & fold the corners of the dough up and around the meatball, encapsulating it as best as you can. Place each ball onto a foil lined baking pan, seam-side down. Spray with cooking spray, or, if you wish... brush with an 'egg wash'. (F) Bake at 375 degrees for 20 minutes, or until tops are browned and crispy. Done.

MAKE THEM AHEAD!!!!:

- Not only can you make the meatballs and the mushroom mixture ahead of time... you can go even 1 step further! You can make this appetizer, completely... even baking them. Once finished, let them cool to room temperature, then place them into gallon ziplock bags and FREEZE THEM. Once you are ready to serve these, days or weeks later...
- Preheat oven to 400 degrees and line a pan with foil. Spray with cooking spray, arrange the frozen Wellington Bites onto the pan, then, bake at 400 degrees for 12-15 minutes. I actually prefer them like this. They end up even crispier than when first made.

