



Cuban Meatballs

Cuban Picadillo-Spiced Meatballs with a Lightened Spanish Sofrito Sauce

Cuban Beef Picadillo is traditionally made with ground beef, seasoned with cumin, garlic, oregano, cilantro, lime juice.... even olives and cinnamon. Sofrito sauce is a basic cuban tomato sauce that's made with diced onions, green bell peppers, coriander, paprika and more. My version uses ground turkey and a skinned down sofrito, that doesn't rely on gobs of olive oil.

Servings Info.:

Yield: 32 (1/4 cup meatballs)

Servings: 32

Serving Size: 1 meatball



Range

0-1

- last checked 12/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

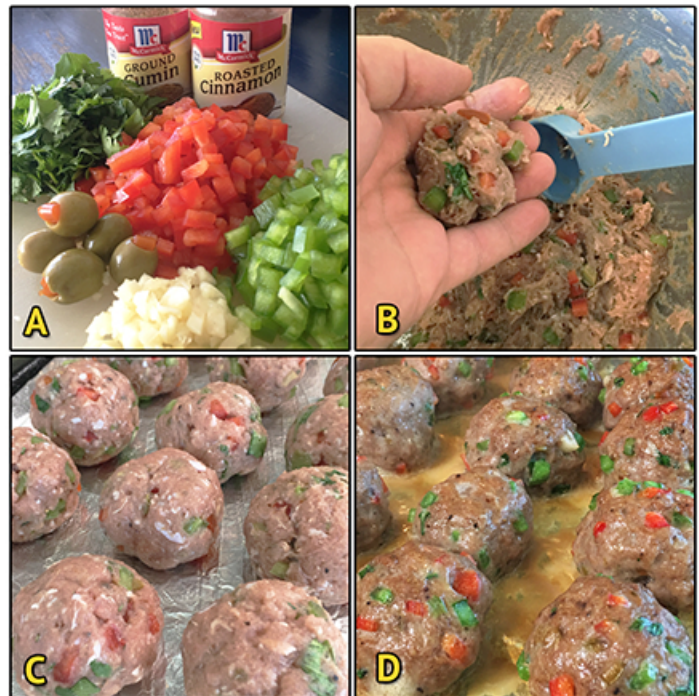
Picadillo-Spiced Meatballs

- 2 pounds xtra lean ground turkey
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 tsp beef flavored granules (bouillon, I used 'Knorr' brand)
- 2 tsp worcestershire sauce
- 1 Tbsp ground cumin
- 1/2 tsp pepper
- 2 tsp dried oregano
- 12 pimiento-stuffed olives, drained and chopped. (med. sized)
- 1/2 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/4 cup chopped cilantro
- 1/2 tsp ground cinnamon
- 2 tsp unsweetened cocoa powder
- 1 Tbsp 0 point sugar replacement o' choice (I used stevia)
- 2 Tbsp lime juice
- 1/2 tsp baking soda dissolved in 1 tsp water **(TRUST ME!!)**
- 1 egg yolk, OR 1 egg white if you're on the GREEN plan

Sofrito Sauce:

- 30oz tomato sauce (make sure you buy a 0 point can)
- 1 cup each, diced onion and green bell pepper
- 3 Tbsp white wine
- 1/2 cup fat free chicken broth
- 2-1/4 tsp each, smoked paprika AND regular paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- 3 medium garlic cloves, minced
- 1/4 cup chopped cilantro
- 1/4 tsp ground cinnamon
- 2 tsp lime juice

Directions:



1. **(A)** Mix ALL of the meatball ingredients together in a large mixing bowl. Cover and allow to rest 30 minutes. **(B)** Use a Tablespoon measuring spoon to scoop out 2 even Tablespoons into your palm, then roll into a ball. **(C)** Line a baking pan with foil and spray with cooking spray. Place the meatballs on the pan and preheat your oven to 400 degrees. **(D)** Bake the meatballs at 400 degrees for 20 minutes. Remove from heat and set aside.

Big Ballin' Tip:

If the stickiness of the meat mixture is making it hard to roll them into "nice" balls, rub your palms with a little bit of water. It instantly gets rid of the stickiness.



2. **(A)** Dice the onions, garlic and bell peppers for the Sofrito sauce. **(B)** Heat a large pan over medium heat, then use olive oil cooking spray to cook the onions for 5 minutes, until they begin to soften, then add the bell peppers. **(C)** Coat the bell peppers and onions with a bit more olive oil cooking spray, then continue cooking until the bell peppers begin to sweat. **(D)** Add the garlic, chicken broth and white wine. Simmer for 2-3 minutes.
3. **(A)** Add the tomato sauce, smoked paprika, salt and pepper, paprika, cumin, dried oregano, cinnamon and lime juice. Stir to combine. **(B)** Stir in the chopped cilantro. **(C)** Add the meatballs and pan juices, cover the pan with a lid. Simmer for 10 minutes. **(D)** Garnish with a little bit of crumbled fat free feta and cilantro, if desired.

NOTES:

- A) This sounds like a big batch of meatballs, but this recipe has been created as if it was being used for a dinner party, or for entertaining. Feel free to halve the recipe.
- B) This makes a lot of meatballs. They are very delicious and extremely low in points and calories, perfect for meal prep throughout the week. Awesome, low point and calorie, yet hearty snacks are totally doable with these.
- C) Want to talk about 'awesome sauce'? On blue and purple you can have up to 11 meatballs for 1 point.
- D) You can use this same method to make any type of meatballs from any of my seasoning mixes. For instance: Use my "Asian" ground turkey recipe to make Asian-spiced meatballs, then mix them with a batch of my sweet & sour sauce, from the Dip section of this book. Boom.
- E) Traditional Sofrito calls for "sweet paprika". I used smoked paprika, because I figured it'd be easier for folks to get.