



Honey Chili Meatballs

4 servings

30 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 Egg
- 1 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper
- 2 tbsps Coconut Oil
- 1/2 cup Organic Chicken Broth
- 1/3 cup Tomato Paste
- 1/4 cup Raw Honey
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Chili Powder
- 1/4 tsp Paprika
- 1/4 tsp Ground Mustard

Nutrition

Amount per serving	
Calories	332
Fat	17g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g
Cholesterol	145mg
Sodium	832mg
Vitamin A	741IU
Vitamin C	6mg
Calcium	35mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

- Likes it Spicy,** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.
- Serve Them With,** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.
- Leftovers,** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).
- Slow Cooker Version,** Add formed meatballs with sauce and cook on low for 6-8 hours.
- Serving Size,** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.