

Honey Chili Meatballs

14 ingredients · 30 minutes · 4 servings



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.

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