

# Mexican Meatballs

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 28 meatballs**

*2 slices white bread, crusts removed*  
*3 tablespoons milk*  
*8 ounces veal or beef mince*  
*8 ounces pork mince*  
*1 small onion, grated*  
*1 egg, lightly beaten*  
*1 teaspoon cumin seeds*  
*2 tablespoons fresh coriander, chopped*  
*salt (to taste)*  
*pepper (to taste)*  
*34 ounces beef stock*  
*2 tablespoons tomato paste*  
*spring fresh coriander (for garnish)*  
**TOMATO CHILI SAUCE**  
*3 - 4 red serrano chilies (or to taste)*  
*1 small onion, finely chopped*  
*2 cloves garlic, crushed*  
*1 can (13 ounce) chopped tomatoes*  
*2 teaspoons sugar*  
*salt (to taste)*  
*pepper (to taste)*

Roughly tear the bread into a bowl. Soak in the milk for about 2 minutes. Squeeze, then break the bread into small pieces. Combine with the beef mince, pork mince, onion, egg, cumin, fresh coriander, salt and pepper. The mixture will be sloppy. Mix well with your hands. Roll into about 28 small balls.

In a large saucepan, mix the stock and tomato paste. Bring to a boil. Add the meatballs. Return to a boil. Reduce the heat and simmer over low heat for 20 minutes or until cooked through. Remove the meatballs with a slotted spoon. Place in a warm serving bowl and provide cocktail toothpicks for serving.

Garnish with coriander to serve. Strain and reserve the cooking liquid for another use, or freeze.

For the sauce: Cut the chilies in half. Discard the seeds and chop finely. In a pan, heat a little oil. Cook the onion over low heat for about 3 minutes until soft and golden. Stir in the garlic and chili for 1 minute. Stir in the tomato and sugar. Simmer for 15 minutes.

Cool slightly, then puree in a food processor. Season with salt and pepper. Serve with the meatballs.

*Moisten your fingers with water when rolling the meatballs to help prevent them from sticking to you.*

---

Per Serving (excluding unknown items): 508 Calories; 10g Fat (20.1% calories from fat); 21g Protein; 73g Carbohydrate; 8g Dietary Fiber; 219mg Cholesterol; 9125mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 6 Vegetable; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	508	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	20.1%	<b>Vitamin B12 (mcg):</b>	.8mcg
<b>% Calories from Carbohydrates:</b>	62.1%	<b>Thiamin B1 (mg):</b>	4.3mg
<b>% Calories from Protein:</b>	17.8%	<b>Riboflavin B2 (mg):</b>	1.2mg
<b>Total Fat (g):</b>	10g	<b>Folacin (mcg):</b>	121mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	5mg
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	219mg	<b>% Daily Values:</b>	n n%
<b>Carbohydrate (g):</b>	73g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	8g	<b>Grain (Starch):</b>	1 1/2
<b>Protein (g):</b>	21g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	9125mg	<b>Vegetable:</b>	6
<b>Potassium (mg):</b>	1529mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	237mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	11mg	<b>Fat:</b>	1
<b>Zinc (mg):</b>	2mg	<b>Other Carbohydrates:</b>	1/2
<b>Vitamin C (mg):</b>	54mg		
<b>Vitamin A (i.u.):</b>	1959IU		
<b>Vitamin A (r.e.):</b>	251 1/2RE		

**Nutrition Facts**

**Amount Per Serving**

<b>Calories</b>	508	<b>Calories from Fat:</b>	102
<b>% Daily Values*</b>			
<b>Total Fat</b>	10g		16%
Saturated Fat	3g		17%
<b>Cholesterol</b>	219mg		73%
<b>Sodium</b>	9125mg		380%
<b>Total Carbohydrates</b>	73g		24%
Dietary Fiber	8g		33%
<b>Protein</b>	21g		
<b>Vitamin A</b>			39%
<b>Vitamin C</b>			90%
<b>Calcium</b>			24%
<b>Iron</b>			63%

\* Percent Daily Values are based on a 2000 calorie diet.