

Pepper Steak Meatballs

Publix Family Style Magazine
www.Publix.com/familyStyle

Servings: 6

2 egg whites, lightly beaten
1 cup (1-1/2 slices) soft rye bread crumbs
3 shallots, minced
6 cloves garlic, minced and divided
1/2 teaspoon salt
1/2 teaspoon ground black pepper, divided
2 pounds ground sirloin
2 tablespoons cracked black pepper
4 tablespoons olive oil, divided
12 ounces dried thick spaghetti
1 can (28 ounce) crushed tomatoes
2 tablespoons tomato paste
1 teaspoon sugar
1 package (10 ounce) fresh baby spinach leaves
2 tablespoons whipping cream
shaved Parmesan cheese (optional)

Preparation Time: 40 minutes

Bake: 15 minutes

Preheat the oven to 350 degrees.

In a large bowl, combine the egg whites, bread crumbs, shallots, four cloves of garlic, salt and 1/4 teaspoon of pepper. Add the ground sirloin. Mix well. Shape into twenty-four meatballs. Place the meatballs on parchment or waxed paper. Sprinkle with pepper. Roll each meatball in pepper to lightly coat.

In a large skillet, brown half of the meatballs at a time in three tablespoons of hot olive oil, turning to brown evenly. Transfer to a 15x10x1-inch baking pan.

Bake for 15 to 20 minutes or until the meatballs are cooked through (160 degrees).

Meanwhile, cook the pasta according to package directions. Drain and set aside.

In a four-quart Dutch oven or pot, cook two cloves of the garlic in one tablespoon of hot olive oil for about 1 minute. Add the crushed tomatoes, tomato paste, sugar and 1/4 teaspoon of pepper. Simmer, uncovered, for 5 minutes or until slightly thickened. Stir in the spinach. Cook until wilted.

To serve: Stir the pasta into the sauce. Add the cream. Toss lightly to combine. Divide the pasta mixture among six plates. Top with the meatballs, if desired. Sprinkle with cheese.

HOW TO FORM PERFECT MEATBALLS EVERY TIME.

- 1 Press the meat into a rectangle on parchment paper.
- 2 Cut the meat into even squares using a sharp paring knife.
- 3 Roll each square individually by hand.
- 4 Season the meatballs according to recipe directions.

Making meatballs is easy. Use a wooden spoon to stir the ingredients together and a cookie scoop to shape them. Done this way, they are slightly flat on one side but you can round them by rolling them between your cupped palms.

The secret to great flavor is making sure that the meatballs are well-browned on the outside. That means adding them to the pan and leaving them alone for 3 minutes. Check one meatball; if it is a nice walnut brown, turn them. If not, wait another 2 minutes. To tell when large meatballs are done, use an instant-read thermometer to make sure that they reach 160 degrees (beef, pork, veal and lamb) or 165 degrees (chicken and turkey). Smaller meatballs are done when the time is up.

Per Serving (excluding unknown items): 500 Calories; 37g Fat (67.1% calories from fat); 31g Protein; 10g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 406mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	500	Vitamin B6 (mg):	.5mg
% Calories from Fat:	67.1%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	7.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.1%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	37g	Folacin (mcg):	21mcg
Saturated Fat (g):	13g	Niacin (mg):	8mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	111mg	% Refused:	0.0%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	31g	Lean Meat:	4
Sodium (mg):	406mg	Vegetable:	1/2
Potassium (mg):	601mg	Fruit:	0
Calcium (mg):	44mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	5
Zinc (mg):	7mg	Other Carbohydrates:	0
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	906IU		
Vitamin A (r.e.):	104RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 500 **Calories from Fat:** 336

% Daily Values*

Total Fat 37g	57%
Saturated Fat 13g	64%
Cholesterol 111mg	37%
Sodium 406mg	17%
Total Carbohydrates 10g	3%
Dietary Fiber 2g	6%
Protein 31g	
Vitamin A	18%
Vitamin C	9%
Calcium	4%
Iron	23%

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