

Barbecue Meatballs Over Mashed Potatoes

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(1/4 cup) juice of two lemons
1 cup yellow onions, diced
1 1/4 cups reduced-sodium beef broth, divided
4 tablespoons tomato paste
1/2 teaspoon yellow mustard
1/4 cup apple cider vinegar
1 tablespoon Worcestershire sauce
1/4 teaspoon Kosher salt
1/2 teaspoon pepper
1 package (16 to 20 ounce) frozen beef meatballs
1 package (24 ounce) refrigerated mashed potatoes
2 tablespoons cornstarch

In a large saute' pan, place the onions, one cup of broth, tomato paste, mustard, lemon juice, vinegar, Worcestershire, salt and pepper. Stir until combined. Bring to a boil over medium heat.

Reduce the heat to medium-low. Stir in the meatballs. Cover and cook for 10 minutes.

Microwave the potatoes according to package instructions.

In a bowl, whisk the remaining 1/4 cup of broth and the cornstarch until combined. Pour into the pan. Cook for 5 to 6 minutes more, stirring occasionally, or until the sauce is thick and the meatballs are 165 degrees.

Serve over mashed potatoes.

Per Serving (excluding unknown items): 310 Calories; 3g Fat (7.7% calories from fat); 8g Protein; 67g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1383mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.