

Albondigas In Spicy Tomato Sauce

Albondigas are Mexican-style meatballs made with crackers instead of breadcrumbs. Served with a spicy chipotle sauce. Delicious!

INGREDIENTS

1 pound Ground Beef
 1/4 cup saltine cracker crumbs
 1 large egg, slightly beaten
 2 tablespoons chopped fresh cilantro leaves
 2 tablespoons water
 1 can (15 ounces) tomato sauce
 2 tablespoons chopped chipotle peppers in adobo sauce
 Hot cooked rice
 Chopped fresh cilantro leaves (optional)



50 Min



4

Servings



42 Cal



27g

Protein

COOKING

1. Combine Ground Beef, cracker crumbs, egg, 2 tablespoons cilantro and water in large bowl, mixing lightly but thoroughly. Divide beef mixture into 12 2-inch meatballs. Set aside.
2. Combine tomato sauce and peppers in stockpot; bring to a boil. Add meatballs. Reduce heat; cover and simmer 14 to 16 minutes, stirring halfway through cooking time to cover meatballs with sauce and ensure even cooking.
3. Serve over rice, as desired. Garnish with cilantro, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		16g	129mg		34g	27g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com