

CURRIED MEATBALLS

The Cooks Next Door

1 pound ground beef
1/3 cup finely diced red onion
1/3 cup finely diced apple
1/3 cup quick oats (use certified gluten-free oats for gf)
1 egg
1/2 - 1 Tablespoon curry powder
3/4 teaspoon salt
freshly ground pepper to taste

Preheat oven to 400°F. In a large bowl, place all of the meatball ingredients and mix well (if you don't mind getting your hands dirty, I find it best to mix meatball ingredients with your hands). Form into golf-ball sized meatballs and place in a glass baking dish. Bake for 25 minutes. Makes 8-10 meatballs.

CURRY SAUCE

1 Tablespoon coconut oil
1/2 teaspoon crushed garlic
1 1/2 teaspoon honey
1 1/2 teaspoon curry powder
1 Tablespoon tomato paste
1/2 cup chicken broth

In a large skillet saute the garlic in the coconut oil over medium heat for 2-3 minutes. Add the honey, curry powder, and tomato paste and whisk together. Add the chicken broth and continue to whisk until the sauce is smooth. Bring to a simmer. After the meatballs come out of the oven, add them to the sauce and turn to coat well. Cover and cook for an additional 5-10 minutes.