

Red Pepper Curry Meatballs



Ease of Preparation: *Moderate*

Preparation Time: *15 min*

Cook Time: *15 min*

Servings: *4*

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MOLBECK'S
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INGREDIENTS

For Meatballs

1 pound ground beef
1 egg
1 tablespoon curry powder
1/2 teaspoon crushed red pepper
2 tablespoons vegetable oil

For Sauce

1 cup water
1 tablespoon cornstarch
2 teaspoons curry powder
1/2 teaspoon crushed red pepper

DIRECTIONS

Combine meat, egg, 1 tablespoon curry powder, and 1/2 teaspoon crushed red pepper in a large mixing bowl. Roll mixture into 1-inch balls.

In a small bowl, stir together water, corn starch, 2 teaspoons curry powder, and 1/2 teaspoon crushed red pepper.

Heat 2 tablespoons oil in large skillet over medium heat. Sauté meatballs in skillet until brown. Carefully drain liquid from skillet. Add sauce mixture. Stir and simmer for 5 to 7 minutes, until sauce thickens and meat is done.

CHEF SUGGESTIONS

For a creamier, more mild curry, substitute 1 cup coconut milk for the water and cornstarch.

NUTRITION FACTS

As prepared, each serving contains 290 calories, 20g total fat, 120mg cholesterol, 90mg sodium, 4g total carbohydrate and 23g protein.