



Albondigas En Chipotle

🕒 Total Time: 1 hour

🍴 Yield: 3 portions (approximately 6-8 meatballs)

Description

This is a tasty recipe for Albondigas en Chipotle (Chipotle Meat Balls) that I got from my mother. There are many recipes and styles of "Albondigas". This recipe is for medium size meatballs with a very thick tomato sauce. You can make them very mild with just a hint of chipotle (specially for children), or go wild and add more chipotle if you prefer an extra kick.

Ingredients

For The Meatballs

- 1 lb. ground meat (90/10)
- 1/4 chopped onion
- 1 diced tomato
- 1 egg
- 1 tbsp of uncooked rice
- oregano
- salt
- pepper
- 1 pinch of flour

For The Sauce

- 5 salad tomatoes
- 3 oz. chipotle peppers
- 1/4 white onion
- 1 garlic clove
- salt
- 2 tbsp. grape seed oil

Directions

For The Meatballs

1. Mix all the ingredients for the meatball and make golf-size balls.
2. In a deep pot, boil water enough to cover all the meat balls.
3. Drop the meat balls in the boiling water and keep simmering till they are fully cooked, the rice will look cooked.
4. Remove meat balls from the boiling water and set aside.

For The Sauce

1. Blend the tomatoes, onion, chipotle peppers, and garlic.
2. Put the oil in a skillet at medium heat.
3. Add the blended mix and stir for 3-4 minutes.
4. Add the meat balls, a little more water if needed, and salt to seasoned.
5. Simmer at low heat for 25 minutes.

Tips

- Make sure there is enough chipotle sauce to half-cover the meat balls.
- Stir the meat balls occasionally while simmering and put sauce on the top of them to absorb more of the sauce.
- This dish pairs very nicely with mexican (red) rice.