



## Skillet Taco Meatballs



1/4th of recipe (5 meatballs with sauce): 263 calories, 8g total fat (3.5g sat. fat), 640mg sodium, 15.5g carbs, 3.5g fiber, 5.5g sugars, 31g protein

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**Prep:** 20 minutes    **Cook:** 25 minutes

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### Ingredients

- 1 cup chopped bell pepper
- 1 cup chopped onion
- 1 1/2 tsp. chopped garlic
- 1 cup canned crushed tomatoes
- 2 tsp. ground cumin
- 1 1/2 tsp. chili powder
- 1/2 tsp. salt
- 1/4 tsp. onion powder
- 1/4 tsp. paprika
- 1 lb. raw extra-lean ground beef (4% fat or less), or *HG Alternative*
- 1/4 cup whole-wheat panko breadcrumbs
- 1/4 cup egg whites (about 2 large eggs' worth)
- 1/2 cup shredded reduced-fat Mexican-blend cheese

### Directions

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir pepper and onion until slightly softened, about 4 minutes.

Add garlic, and cook and stir until fragrant, about 2 minutes.

Transfer skillet contents to a large bowl. Add crushed tomatoes, 1 tsp. cumin, 1/2 tsp. chili powder, 1/4 tsp. salt, 1/8 tsp. onion powder, and 1/8 tsp. paprika. Mix well.

In another large bowl, combine beef, breadcrumbs, egg whites, and remaining 1 tsp. cumin, 1 tsp. chili powder, 1/4 tsp. salt, 1/8 tsp. onion powder, and 1/8 tsp. paprika. Mix thoroughly. Firmly and evenly form into 20 meatballs.

Clean skillet, if needed. Re-spray, and return to medium-high heat. Place meatballs in the skillet. Cook and rotate until browned on all sides, about 5 minutes.

Reduce heat to medium low. Carefully add tomato mixture, coating the meatballs. Cover and cook for 10 minutes, or until meatballs are cooked through.

Rearrange meatballs so they are close together in the center of the skillet. Sprinkle with cheese. Re-cover and cook for 2 minutes, or until cheese has melted.

**MAKES 4 SERVINGS**

**HG Alternative:** If made with lean ground turkey (7% fat or less), each serving will have 278 calories, 11g total fat (4.5g sat. fat), 660mg sodium, 15.5g carbs, 3.5g fiber, 5.5g sugars, and 30g protein (**SmartPoints®** values\*: 6 on **Green Plan**, 5 on **Blue Plan**, 5 on **Purple Plan**).

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