

Tex-Mex Meatballs



PREPARATION TIME
20 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
guacamole



Save money by purchasing eggs on sale and freezing them in ice cube trays for later use. Break 1 whole egg into each cube, freeze until solid and then store in freezer containers for up to 6 months.

SHOPPING LIST

- ground beef • Spanish rice
- stewed tomatoes • bell pepper
- tortilla chips • Monterey Jack cheese with jalapeños

ON HAND

- egg • onion • chili powder

Tex-Mex Meatballs

INGREDIENTS

- 1 pound ground beef
- 1 egg
- 1 (7-ounce) package Spanish rice
- 1/2 cup water
- 2 (15-ounce) cans stewed tomatoes
- 1 large onion, sliced
- 1 large green bell pepper, sliced
- 2 teaspoons chili powder
- 1 package tortilla chips
- 1/2 cup shredded Monterey Jack cheese with jalapeños

SERVES 4

COOKIN' Express

• Shaping meatballs is best done with your hands. To make handling the ground beef mixture both sanitary and easy to clean up, wear latex gloves or food storage plastic bags on your hands when shaping the meatballs.

Make Ahead

Combine all the ingredients and shape into balls up to 4 hours before cooking. Refrigerate until needed.

VARIATION

Serve these meatballs in flour tortillas or whole-wheat pita breads for a fabulous lunch idea.

1 Combine ground beef, egg, rice mix and water in a large bowl; mix well. Shape into 1 1/2-inch meatballs. Chill for several minutes to firm.



2 Brown meatballs in a large skillet over medium-high heat; pour off drippings. Add tomatoes, onion and green pepper. Sprinkle with chili powder.

3 Simmer, covered, for 20 minutes or until meatballs are cooked through and rice is tender.



4 Arrange tortilla chips in serving dish. Spoon in meatballs and sauce. Sprinkle with cheese.