

PREPARATION: 30 MINUTES

COOKING: 20 MINUTES

8 SERVINGS OR 24 MEATBALLS

MARINARA MEATBALLS



Nutrient Analysis

PER SERVING: 3 Meatballs and $\frac{1}{4}$ of Sauce

RENAL EXCHANGE: 3 Meat + 1 Vegetable

Calories	243 Kcal	Sodium	207 mg
Protein	21 g	Potassium	443 mg
Total Carbohydrate	7 g	Phosphorus	220 mg
Fiber	1 g	Calcium	58 mg
Sugars	1 g	Iron	3 mg
Fat	15 g	Magnesium	33 mg
Saturated	4 g	Vitamin C	23 mg
Cholesterol	89 mg		

Diet Types

- CKD Non-Dialysis**
- Dialysis/Diabetes**
- Dialysis**
- Transplant**

MARINARA MEATBALLS

INGREDIENTS

Marinara Sauce

1 tablespoon olive oil

1 cup yellow onion, diced

3 cloves garlic, minced

17 fl oz jar roasted red peppers, drained

1 teaspoon dry basil leaves

½ teaspoon garlic powder

1 cup no salt added* chicken broth

Meatballs

1 pound lean ground beef

½ pound lean ground pork

1 tablespoon Dijon mustard

¼ cup yellow onion, minced

¼ teaspoon ground black pepper

½ tablespoon dry oregano leaves

½ tablespoon garlic powder

1 egg

¼ cup panko bread crumbs

1 tablespoon olive oil

PREPARATION

- 1** To make the sauce, heat oil in a large saucepan and sauté onions and garlic. Add peppers, spices and chicken broth and bring to a simmer for 2 minutes.
- 2** Puree sauce in a food processor or with a hand blender. Return sauce to the pan, cover with lid, and simmer on low heat.
- 3** To make the meatballs, blend all ingredients together in a bowl. Form twenty-four meatballs.
- 4** Heat oil in a skillet and brown the meatballs. Once they are browned, drain fat from skillet.
- 5** Add the meatballs to the sauce, cover the pan and let them simmer until they are cooked through (approximately 20 minutes). Serve with white rice or pasta.

SUGGESTION

- ✓ ***The fried meatballs can be frozen in portions and used with another sauce in the future. You can also freeze the meatballs with the sauce.***



* Choose the broth with the lowest sodium content but be aware that low sodium products often contain more potassium. Look for potassium chloride under ingredients on the label.

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