Turkey Meatballs with Bean Chilli

This can also be suitable for vegetarians, simply serve without the meatballs.

INGREDIENTS

Meatballs

1 large carrot, finely chopped
1 onion roughly chopped
2 garlic cloves, peeled
1 red chilli deseeded or 1 teaspoon dried chilli flakes
500g lean chicken or turkey mince
20g fresh breadcrumbs
1 egg
1 tbsp dried Italian herbs
1 tsp ground cinnamon
Freshly ground black pepper
Pinch of LoSalt

Bean Chilli

1 tbsp extra virgin olive oil
1 large onion, finely chopped
2 garlic cloves, crushed
1 green pepper, deseeded and diced
1 tsp ground cumin
dash of Worcestershire sauce (leave out for Gluten Free)
3 tsp chipotle chilli paste
300ml reduced salt chicken or vegetable stock
400g can chopped tomatoes
400g can black-eyed beans or red kidney beans, drained and rinsed
Green salad, to serve

Serves 4

RECIPE BY:
SALLY BEE

METHOD

1. Preheat the oven to 200C/gas mark 6, and cover a baking tray with baking parchment.
2. To make the meatballs, pop the carrot, onion, garlic, chilli and a pinch of LoSalt in a food-processor and blitz for a few seconds until finely minced. Transfer to a bowl and combine with the remaining ingredients, using your hands to mix everything together.
3. Shape the mixture into meatballs the size of ping-pong balls and place on the prepared baking tray.
4. Bake for 30 minutes, then check the meatballs are no longer pink in the middle. Continue cooking for 5 minutes if they aren't cooked through.
5. While the meatballs are baking, make the black bean chilli. Heat the olive oil in a large non-stick frying pan over a medium heat, add the onion and cook gently for 4–5 minutes, until softened.
6. Add the garlic, green pepper, cumin, Worcestershire sauce, chipotle chilli paste, stock, tomatoes and beans. Bring to the boil, then reduce the heat and simmer for 15 minutes.
7. When you are ready to serve, put a big scoop of the black bean chilli in a bowl and serve the meatballs on top, with a big green salad on the side.