Russian: Chicken Meatballs

Prep Time: 10 min.  Cook Time: 20 min  Yield: 6-9 meatballs; 3 portions

Ingredients:

- 1/2 cup white rice (+ 1/2 cup water)
- 1/4 medium yellow onion
- 1/2 medium carrot
- 1/2 lb ground chicken
- 1 cloves of garlic, minced
- 1 tbsp fresh parsley, chopped
- 1/2 egg
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1.5 tbsp oil
- 1 cup canned crushed tomato or sauce
- 5 spoonfuls of heavy cream
- Chopped Parsley, for garnish

Instructions:

1. Rinse the rice for a few minutes. This will help to remove some starch and prevent the rice from being too sticky. Meatballs will never be dense this way.
2. In a medium pot bring rice and water to a boil. Cover, reduce the heat to low, and simmer covered for 5 minutes. Rest for 5 min. It will be fluffy and just a tiny bit undercooked. *(Don’t worry it will continue to cook inside the meatballs.)*
3. Peel and grate the onion. The puréed onion will make a juicy meatball.
4. Mince the garlic.
5. Then finely shred the carrot and combine it with the rice, onion, chicken, garlic, parsley, egg, salt and pepper.
6. Mix well and using your hands form the meatballs to a size of a golf ball.
7. Place the meatballs on a hot non-stick skillet with oil and get them nicely browned on all sides.
8. Add the canned tomatoes and cream. Season with salt and pepper and stir well.
9. Simmer covered for 10 minutes. Then turn off the heat and sprinkle with more chopped parsley.
10. Serve with your favorite pasta or mashed potatoes.
11. Spoon over that amazing sauce and enjoy!

Fresh tomatoes contain Vitamin C and have high water content - essential for healthy skin, hair, and nails. Cooking helps release more lycopene, an antioxidant that helps remove damaging free radicals.

Eat a variety of cooked and fresh tomatoes - combined with healthy fats to enjoy the maximum nutrient content.

Total Cost of this meal: $5.67 or $1.89/serving