



Christmas Stuffed Meatballs with Cranberry Relish

Prep Time: 20 minutes
Bake Time: 25 minutes
Yield: 6-8 servings

INGREDIENTS

For the Meatballs:

1 pound ground beef (or a mix of beef and pork)

1/2 cup breadcrumbs

1/4 cup grated Parmesan cheese

1 egg

1 tsp garlic powder

1 tsp onion powder

1 tsp dried oregano

1/2 tsp salt

1/2 tsp black pepper

1/2 cup shredded mozzarella (for stuffing)

For the Cranberry Relish:

12 oz fresh cranberries

1 orange, zested and juiced

1/2 cup sugar

1/4 cup water

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

DIRECTIONS

For the Cranberry Relish:

1. In a saucepan, combine cranberries, orange zest, orange juice, sugar, water, cinnamon, and nutmeg.
2. Bring to a boil, then reduce to a simmer. Cook for 10 minutes, stirring occasionally, until the cranberries burst and the mixture thickens.
3. Let the relish cool before serving. This can be made a day ahead and stored in the fridge.

For the Meatballs:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the ground beef, breadcrumbs, Parmesan cheese, egg, garlic powder, onion powder, oregano, salt, and pepper. Mix well until all the ingredients are combined.
3. Take about 1 1/2 tablespoons of the meat mixture and flatten it slightly in your hand. Place a small piece of mozzarella cheese in the center, then wrap the meat around the cheese to form a ball. Ensure the cheese is fully enclosed.
4. Place the meatballs on the prepared baking sheet and bake for 18-20 minutes, or until browned and cooked through.

Serving:

1. Arrange the stuffed meatballs on a platter.
2. Spoon the cranberry relish on top of the meatballs or serve on the side for dipping.

Nutritional Points:

Ground beef provides a rich source of protein, iron, and B vitamins. Cranberries and oranges bring a burst of vitamin C and antioxidants. Baking the meatballs instead of frying reduces the amount of added fat.



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Recipe adapted from:
Chef Floyd