

Tira's Favorite Meatball Recipe

w/ Mango Chutney and Brown Mushroom Gravy

Ingredients

Meatballs

¾ lb ground pork
¾ lb ground beef
½ cup minced onion
1 Tbsp minced garlic
1 minced jalapeno
2 eggs
1 cup bread crumbs

Mushroom Gravy

½ lb sliced white or cremini mushrooms
2 Tbsp flour
2 cups beef broth
¼ cup heavy cream

Mango Chutney

½ cup diced red onion
1 Tbsp minced ginger
1 Tbsp minced garlic
1 Tbsp canola oil
1 diced mango
1 diced red bell pepper
1 diced jalapeno
½ cup pineapple juice
2 Tbsp red wine vinegar
1 Tbsp curry powder

Directions

Meatballs

Method 1: Using hands, mix all meatball ingredients in a bowl then form into 1-inch-diameter balls and arrange them on a baking tray. Bake at 450-degrees until browned and caramelized, about 12 minute.

Method 2: Using hands, mix all meatball ingredients in a bowl then form into 1-inch-diameter balls and cook over medium-high heat on the stove with enough canola oil to barely cover the bottom of a frying pan. Turn occasionally and adjust heat as necessary to keep from charring. (Use this method if making mushroom gravy)

Chutney

In a medium saucepan, combine ½ cup diced red onion, 1 Tbsp ginger, 1 Tbsp garlic, and 1 Tbsp canola oil; sauté on medium until soft, about three minutes. Peel and dice 1 Mango and add it, along with the 1 diced red bell pepper and 1 diced jalapeno (both seeded). Cook until the mango is soft, about five minutes. Add ½ cup pineapple juice, 2 Tbsp red wine vinegar, and 1 Tbsp curry powder. Cook until thick, about ten minutes. Season with salt and pepper.

Mushroom Gravy

Add ½ lb sliced white or cremini mushrooms to the sauté pan used to cook the meatballs and sauté until browned, about five minutes. Stir in 2 Tbsp flour. Slowly pour in 2 cups beef broth, whisking to prevent lumps. Then stir in ½ cup heavy cream; simmer until the gravy has thickened, about 3 minutes. Serve the meatballs with the gravy.