

# ALBONDIGAS IN TOMATO SAUCE



Bold flavors, simply delicious!

#1298



## QUICK NOTES

BEEF  
NUT FREE  
GLUTEN FREE  
CALORIES/PERSON (750 CAL)  
SLOW COOKER TIME:  
MIN. 4 HOURS  
MAX. 6 HOURS  
GOURMET COOKING TIME:  
20-25 MINUTES  
LEVEL: EASY

## MUST HAVES

SALT  
VEGETABLE OIL

## INGREDIENTS

\*ALBONDIGAS MEATBALLS  
\*ZUCCHINI STRIPS  
\*DICED ONION & PEPPERS  
\*DICED TOMATO IN SAUCE WITH  
PARSLEY, GARLIC, CUMIN AND  
HOUSE SEASONING  
\*RICE  
\*BUTTER  
\*PANTRY BOY SEASONING  
\*OIL  
\*WATER (FOR RICE)

## 2 people

12-OZ  
2 SERVINGS  
1/2 CUP  
1 CUP  
  
1 CUP  
1-OZ  
1/2 TEASPOON  
2 TABLESPOONS  
2 CUPS

## 4 people

24-OZ  
4 SERVINGS  
1 CUP  
2 CUP  
  
2 CUP  
2-OZ  
1 TEASPOON  
3 TABLESPOONS  
4 CUPS

Ingredients for this recipe labeled in GRAY.

## SAFE HANDLING:

Ingredients must be consumed within 3-5 day time frame in order to maintain food quality and to avoid possible food poisonings. Make sure raw poultry and meat are not cross-contaminated with ready to eat ingredients! i.e. (if a cutting board and knife are used for cutting meat, both must be washed and sanitized before being used to prepare a salad). Make sure to wash and dry your produce before cooking or consuming!



### SLOW COOKING

#### KITCHENWARE

SMALL SLOW COOKER (2PPL)  
MEDIUM SLOW COOKER (4PPL)  
SMALL POT  
BAKING SHEET



### FAST COOKING

#### KITCHENWARE

LARGE SKILLET  
SMALL POT  
BAKING SHEET  
2-3 INGREDIENTS BOWLS

**Unpack and display all recipe ingredients.  
Preheat the oven to 425 degrees prior to meal service time.  
Refer to the ingredients chart for the measurements.**

**OR**

#### Get your Slow Cooker ready

- Drizzle oil, place diced onions & peppers, meatballs, diced tomato in sauce and a large pinch of Pantry Boy seasoning to the slow cooker.
- Give it a gentle stir.
- Cover the lid.
- Add a few extra drops of water if using large slow cooker

#### SET:

HIGH to cook 4 hours  
LOW to cook 6 hours

#### Roast the Zucchini strips

- Prior to meal service time, preheat oven to 450 degrees to bake; place zucchini strips in a large bowl; drizzle with oil and generous amount of seasoning; toss until all sides are covered with oil and seasoning; spread wedges evenly onto baking sheet. Place zucchini in oven for about 15 minutes or until roasted.

#### Get your Stove/Oven started

- Place zucchini strips into a large bowl; drizzle with oil and a generous amount of seasoning; toss until all sides are covered with oil and seasoning; layer the zucchini wedges evenly on one side of the baking sheet.
- Place meatballs on the other side of the baking sheet; cook in the preheated oven at 450 degrees for 10 minutes.
- While meatballs and zucchini are in the oven; add vegetable oil to your large nonstick skillet over medium-high heat; heat until oil is almost smoking; add diced tomato in sauce to sauté 5 minutes; remove baking sheet from the oven; toss the meatballs into the skillet (place the zucchini back into the oven for an additional 10 minutes or until roasted).
- Sauté 2-5 minutes or until the the meatballs are coated with sauce and cooked to your liking.

#### Prepare the rice

Prior to dinner time, rinse and drain the rice until running water is clear. Stir in the rice and tablespoon of butter into boiling water. Reduce heat to low for about 10-15 minutes or until the water is absorbed. Turn off the heat and let the rice rest.

#### Finish and serve

Divide the rice onto your plates and top it off with the meatballs and roasted zucchini strips. Enjoy.

Remember to share your masterpiece!  
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