

# Meatloaf Meatballs with Carrot Fries

By Chef Andy Ruszczyk



## INGREDIENTS:

- 1 Tbsp. extra virgin olive oil
- 1/2 white onion, chopped
- 1 carrot, chopped
- 1/2 tsp. garlic powder
- 1/4 cup chicken broth, no salt added
- 1 Tbsp. Worcestershire sauce, reduced sodium
- 1 Tbsp. tomato paste, unsalted
- 1 lb. lean ground beef
- 1 egg
- 1 cup whole wheat bread crumbs

### For the glaze:

- 1/4 cup tomato paste
- 2 tsp. Worcestershire sauce
- 1 tsp. honey
- 2 Tbsp. juice from a lemon

### Honey Roasted Carrot Fries:

- 6 carrots
- 1 tsp. garlic powder
- 1/4 cup honey

## DIRECTIONS:

1. Preheat oven to 450°F. Spray oil on a baking sheet.
2. Heat oil in a medium saucepan over medium-high heat. Sauté onion and carrot for 3-4 mins. Once softened, remove from heat.
3. Add garlic powder, chicken broth, Worcestershire sauce, and tomato paste to veggie mixture. Stir and mix well. Allow mixture to cool.
4. In a large bowl, combine veggie mixture, ground beef, egg, and breadcrumbs using your hands.
5. Scoop out 1/4 cup mixture and roll into a ball. Place on baking sheet and repeat.
6. Whisk together glaze ingredients in a small bowl and drizzle on top of meatballs.
7. Bake for about 20-25 minutes or until internal temperature reaches 165°F.

### Honey Roasted Carrot Fries

1. Preheat oven to 400°F.
2. Slice carrots into French fry shapes. Place on baking sheet and drizzle with honey and garlic powder.
3. Roast in oven for 20-25 minutes.

# MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



16 oz. bag  
carrots



chicken  
stock, no salt  
added



1 white  
onion



whole wheat  
breadcrumbs



1 lemon



1 x 6 oz. tomato  
paste, unsalted



half dozen  
eggs



1 lb. lean  
ground beef

## Seasonings and more:

- garlic powder
- honey
- olive oil
- Worcestershire sauce, reduced sodium

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[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

*Healthy Options.*  
*Cooking at Home*

Grocery cost: \$17.66

Recipe cost: \$12.81

Cost per meal: \$2.14

\*prices found at Wegmans as  
of April 2023