



Chicken Meatballs in Peppa Sauce

By Chef Veera Gaul, Ph.D.



Ingredients

1 lb ground chicken
1 egg beaten
2-3 tablespoons O&V [Bruschetta Dry Mix](#) (Original, Formaggio, Picante, Olive)*
2 tablespoons water
4 tablespoons breadcrumbs or gluten-free breadcrumbs
3 tablespoons O&V [Garlic EVOO](#) *
1 bottle O&V [Peppa Sauce](#) *
¼ cup water
Chopped parsley for garnish

Preparation

Preheat the oven to 400 F

Soak the Bruschetta mix of your choice in the 2 tablespoons of water. Let sit for 3-5 minutes

Combine the ground chicken, egg, breadcrumbs and soaked Bruschetta mix. Do not over-mix

Prepare a baking sheet with a piece of parchment paper. Roll the chicken mixture into small balls (about 20-24) and place on the parchment paper. Brush the meatballs with the Garlic EVOO. Bake in the oven for 15-18 minutes.

Remove from the oven and add the meatballs to a slow cooker. Add the Peppa Sauce and ¼ cup water. Cook on low for 2 hours.

Alternatively, place the baked meatballs in a large skillet, add the sauce and water, cover, and cook on low for 1 hour, stirring occasionally and checking that the sauce does not burn.

Serve garnished with parsley as an appetizer or over boiled pasta or zucchini noodles.

Active Time: 10 minutes. Total time: 2 hours 30 minutes

Serves 6

Notes

* The perfectly convenient way to get LOTS of flavor into chicken or turkey meatballs is using the Oil & Vinegar [Bruschetta Dry Mix](#). It is delicious, versatile, and easy to use. An alternative is to add the following to your ground meat in place of the Bruschetta mix and water in the recipe:

1 tablespoon dried Italian Seasoning

¼ cup grated Parmesan cheese

¼ teaspoon dried chili flakes (more for additional heat)

3-4 garlic cloves, minced

* I use a [Garlic EVOO](#) as it adds an additional layer of flavor that enhances the taste of these meatballs. You can also substitute a plain EVOO if you wish.

* The [Peppa Sauce](#) from our [Oil & Vinegar franchise](#) has a perfect balance of sweet and spicy and is made from Peppadew peppers from South Africa. You can also use a marinara sauce or a red pepper sauce. Here is a quick, and easy homemade red pepper sauce option

1 tablespoon Extra Virgin Olive Oil (EVOO)

4 cloves garlic, minced

½ large onion, diced

16 oz jar of roasted red peppers, drained and chopped

1 tablespoon dried Italian seasoning

¼ teaspoon red pepper flakes (or more depending on how much heat you want)

¾ -1 cup chicken broth

¼ cup cream or almond milk (Optional)

Salt & Pepper to taste

2 tablespoon parsley, minced

Heat the EVOO in a pan and add the garlic, onion, and red chili flakes. Sauté for 3-5 minutes till translucent.

Add the red peppers and Italian seasoning. Sauté another 2-4 minutes.

Take off the heat, let cool slightly, and place in a food processor. Puree until well blended. Return the puree to the skillet, add the broth and cream/milk (if using). Season

to taste and gently stir till heated and combined. Remove from heat and add minced parsley.

Categories: Appetizer, Snacks & Sides, Poultry, Chicken, Meatballs, Bruschetta Mix, Peppa Sauce, Garlic EVOO, Slow Cooker, Tailgating, Make Ahead