

Jamaican Jerk Meatballs

**Prep:**

15

Total:

40 mins

Makes:

7 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

6.5 Qt. Double Walled Bowl

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Recipe:**Contributed By:**

Diana Valenciano

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Recipe Description:

Tired of the same old Italian style meatballs? Kick it up a notch with some flavors from the Jamaican island. All you need is your Electric Oil Core Skillet and you'll have a delicious appetizer or meal in no time!

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1 lb
 ground beef, lean
 1 lb
 ground pork
 1 onion, strung, use Cone #2
 1 red bell pepper, diced
 3 garlic cloves
 ½ cup
 panko breadcrumbs
 2 large
 eggs, whole
 ¼ cup
 milk
 ¼ cup
 pineapple juice
 1 lemon, juiced
 ¼ cup
 cilantro, chopped
 1 tbsp
 Worcestershire sauce
 2 tbsp
 Jamaican Jerk seasoning
 1 tsp
 natural salt
 1 tsp
 black pepper

Directions:

1. Preheat skillet to 300 F / 150 C. Add your ingredients (except the eggs) into a large bowl.
2. Crack eggs into a smaller bowl and whisk until combined, then add the eggs in with the other ingredients.
3. Use your hands to thoroughly combine all ingredients and begin to form the meatballs. (each one should be 1 - 1 ½ inches in diameter)
4. Add your meatballs to the preheated skillet and cover. Cook for 10 mins to allow them to sear, then turn, cover and continue to sear and cook on the other side. When Vapo-Valve™ begins to click, turn temperature down to 250 F / 120 C and cook for an additional 10-15 mins, or until desired wellness is reached.
5. Remove meatballs from skillet and serve warm.

Nutritional Information per

▼ Serving

Calories: 312
Total Fat: 19g
Saturated Fat: 6g
Cholesterol: 89mg
Sodium: 720mg
Total 4g
Carbs:
Dietary Fiber: 2g
Sugar: 1g
Protein: 21g