

Teriyaki Glazed Pork Meatballs and Vegetables

4 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 35 minutes

Peaceful Pork Ground Pork, thawed
Gundermann Acres Brussels Sprouts, washed, stem end trimmed
Johnson's Backyard Garden Carrots, washed, stem end trimmed
Kitchen Pride Crimini Mushrooms, washed immediately before use
Johnson's Backyard Garden Pak Choi, washed, stem end trimmed
Farmhouse Kitchen Teriyaki Glaze, stirred well before use
Sea salt and fresh cracked black pepper
Olive or coconut oil, ghee or lard

(NOTE: For a more hands-off cooking method, bake the meatballs on a foil-lined baking sheet for 18-22 minutes in a 400°F degree oven.)

STEP 1 Prepare the vegetables. Discard the outer leaves of the brussels sprouts. Chop the brussels sprouts into halves or quarters so that they are roughly the same size. Set aside. Chop the carrots into thin rounds, about 1/8" thick and set aside. Chop the mushrooms and pak choi into 1/4" thick pieces and set aside.

STEP 2 Add the ground pork to a mixing bowl. Sprinkle with 3 tsp. salt and pepper. Combine the pork and seasonings with your hands to evenly distribute. Form 32-36 golf ball sized meatballs and set aside.

STEP 3 Place a large skillet over medium heat. When the pan is hot, add 1 tbsp. of your preferred fat and swirl to evenly coat the bottom of the pan. Add the meatballs to the pan in a single layer, leaving at least 1/2" of space in between. Brown the meatballs for about 15 minutes, rotating every 4-5 minutes with a spatula or tongs to brown all sides. Remove the meatballs to a clean plate. (Note: Depending on the size of your pan, you may need to brown the meatballs in batches.)

STEP 4 Return the pan, with fat, to medium heat. Add the brussels sprouts and saute for 2-3 minutes. Next, add the mushrooms and saute for an additional 2-3 minutes. Add the pak choi and carrots. Saute for 2-3 minutes. Season with 1 tsp. salt and pepper. Cooking the vegetables in stages helps prevent them from over cooking as each ingredient requires more or less time to become tender.

STEP 5 Reduce the heat to medium-low and pour in the teriyaki glaze. Stir to coat the vegetables. Add the meatballs (and any juice that has collected in the plate) to the pan. Spoon the glaze over the meatballs or use tongs to turn the meatballs in the glaze. Simmer the meatballs for 5-6 minutes, stirring occasionally, until the glaze has slightly reduced and thickened. The vegetables should be crisp tender and the internal temperature of the meatballs should register 160°F degrees. Season with salt and pepper to taste. Enjoy!