

Whole30 Meatballs with Sweet Pepper Salsa Rossa

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Windy Meadows Family Farm Italian Chicken Sausage, thawed
Farmhouse Kitchen Meatball Breading
Farmhouse Kitchen Vinegar Peppers
Farmhouse Kitchen Salsa Rossa, room temperature
Engel Farms Summer Squash, washed
Olive oil, ghee or preferred fat
Salt and Pepper

STEP 1 Set salsa rossa on countertop to bring to room temperature. Prepare vegetables: Chop summer squash into 1" pieces. Set aside. Create 12-16 small meatballs from the Italian chicken sausage and meatball breading. Set aside.

NOTE: Alternatively you can add salsa rossa to small saucepan and bring to a simmer. Remove from heat and cover until ready to serve.

STEP 2 Place a high-sided saucepan over medium heat. Add 1 tbsp. preferred fat. Add the meatballs in a single layer. Cook on all sides, turning every 2 minutes or so as each side browns. Transfer to a clean plate.

STEP 3 Return the skillet to medium heat. There should be at least 1 tbsp. of oil/fat in the pan. Add more oil, as needed. Add the summer squash. Season with 1 tsp. salt and pepper. Saute for 2-3 minutes. Add ¼ cup of water. Scrape the bottom of the pan to release the flavorful brown bits that will have developed. Return the meatballs (and any juice that may have collected on the plate) to the skillet. Partially cover with a lid and cook for 5-8 minutes, or until the meatballs are cooked through and the internal temperature reaches 160°F. Season with salt and pepper to taste.

STEP 4 To serve, spoon out vegetables on bottom of plate or bowl. Add four to six meatballs on top of that. Spoon over room temperature salsa rossa and garnish with vinegar peppers.

Enjoy!

Whole30 Meatballs with Sweet Pepper Salsa Rossa

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Windy Meadows Family Farm Italian Chicken Sausage, thawed
Farmhouse Kitchen Meatball Breading
Farmhouse Kitchen Vinegar Peppers
Farmhouse Kitchen Salsa Rossa, room temperature
Engel Farms Summer Squash, washed
Olive oil, ghee or preferred fat
Salt and Pepper

STEP 1 Set salsa rossa on countertop to bring to room temperature. Prepare vegetables: Chop summer squash into 1" pieces. Set aside. Create 18-20 small meatballs from the Italian chicken sausage and meatball breading. Set aside.

NOTE: Alternatively you can add salsa rossa to small saucepan and bring to a simmer. Remove from heat and cover until ready to serve.

STEP 2 Place a high-sided saucepan over medium heat. Add 2 tbsp. preferred fat. Add the meatballs in a single layer. Cook on all sides, turning every 2 minutes or so as each side browns. Transfer to a clean plate. (Note: You may need to cook the meatballs in multiple batches)

STEP 3 Return the skillet to medium heat. There should be at least 1 tbsp. of oil/fat in the pan. Add more oil, as needed. Add the summer squash. Season with 2 tsp. salt and pepper. Saute for 2-3 minutes. Add ¼ cup of water. Scrape the bottom of the pan to release the flavorful brown bits that will have developed. Return the meatballs (and any juice that may have collected on the plate) to the skillet. Partially cover with a lid and cook for 5-8 minutes, or until the meatballs are cooked through and the internal temperature reaches 160°F. Season with salt and pepper to taste.

STEP 4 To serve, spoon out vegetables on bottom of plate or bowl. Add four to six meatballs on top of that. Spoon over room temperature salsa rossa and garnish with vinegar peppers.

Enjoy!

STORAGE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS*

Italian Chicken Sausage - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Meatball Breading - Keep in a cool, dry place in the kitchen until ready to use. Ingredients: AustiNuts pecans, Francis & Thatcher oregano, garlic powder, onion powder)

Vinegar Peppers- Store in the refrigerator. Use within 5 days. (Ingredients: Johnson's Backyard Garden mixed peppers, oregano vinegar, salt)

Salsa Rossa- Store in the refrigerator. Use within 5 days. (Ingredients: onion, garlic, carrots, pickled pepper vinegar, preserved tomato, red wine vinegar, oregano, salt, Texas Olive Ranch extra virgin olive oil)

Summer Squash- Store in a plastic bag in the crisper drawer of the refrigerator. Use within 5 days.

Carrots- Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

***Contains nuts.**

****Not made with gluten, dairy, egg, fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**