



Szechuan Braised Meatballs

Servings	6 servings
Prep Time	0 hours, 20 minutes
Cook Time	0 hours, 15 minutes

Summary

I know, it sounds strange to make a Chinese-inspired meatball, but something about this recipe struck a chord with me. After some tweaking, we served the meatballs over brown rice with a side of steamed broccoli.

Ingredients

20 ounces (one normal package) ground turkey
1 5- to 6-ounce can water chestnuts, diced small
2 teaspoons plus 1 tablespoon cornstarch, divided
1 teaspoon five spice powder
1/4 teaspoon salt
1 cup reduced-sodium beef broth
4 teaspoons vegetable oil (divided)
2 cloves garlic, minced
1/2 teaspoon chili garlic sauce or crushed red pepper, or to taste
1/4 cup Szechuan or Kung Pao sauce, found in the Asian aisle
1/4 cup hoisin sauce, also in the Asian aisle
4 cups bok choy, washed and thinly sliced
1/2 pound mushrooms, quartered
2 green onions, thinly sliced

Instructions

1. Gently mix meat, water chestnuts, 2 teaspoons cornstarch, five-spice powder and salt in a medium bowl until combined. Shape the mixture into 12 balls (use about 2 tablespoons each to make 1 1/2-inch meatballs). Whisk broth and the remaining 1 tablespoon cornstarch in a small bowl until smooth.
2. Heat 2 teaspoons oil in a large nonstick skillet or nonstick wok over medium-high heat. Add the meatballs and cook, turning once, until brown, about 3 minutes total. Transfer to a plate. (The meatballs will not be cooked through at this point.)
3. Add the remaining 2 teaspoons oil to the pan. Add garlic and chili sauce/red pepper and cook, stirring, until fragrant, 15 to 30 seconds. Add the reserved broth mixture, Szechuan sauce, hoisin sauce, boy choy and mushrooms; cook, stirring, until the boy choy is just wilted, about 2 minutes.
4. Reduce heat to a simmer, return the meatballs to the pan, cover and cook until the sauce is thickened and the meatballs are cooked through, 8 to 10 minutes. Serve sprinkled with scallions

Sources

Eating Well -
http://www.eatingwell.com/recipes/szechuan_braised_meatballs.html