

CREAMY MEATBALLS WITH GARLIC POTATOES AND ROASTED CARROTS

Garlic mashed potatoes are a good side for almost any meal, and a great way to absorb creamy sauces! You can use this roasting garlic method to make a delicious paste you can keep in your fridge and add to all your favorite meals. Simply follow the steps below to roast and mash the garlic. Then put it in a jar and add a little oil. Store it up to 1 month in your fridge!



Ingredients

- 1 lb ground beef
- 6-8 medium carrots
- 1 lb potatoes
- 1 onion
- 6 oz sour cream
- 5 cloves garlic

From your pantry

- Italian seasoning
- Butter
- 1.5 Tbsp flour
- 1 Tbsp Worcestershire sauce
- olive oil
- salt & pepper

Equipment:

- Large pan
- Medium pot
- Baking sheet

PREPARATION: 20 MIN

COOKING: 60 MIN

READY IN: 80 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 425 degrees.

1. Remove stem and peel **carrots**. Cut in half lengthwise and then into quarters. Peel **garlic**. Scrub **potatoes** (we like the skin on!) and chop into 1 inch pieces. Small dice **onion**. Squeeze out sour cream packets into medium bowl, dissolve in 3/4 cup warm water by whisking with a fork.
2. Prepare carrots: Drizzle **carrots and garlic** with **olive oil**, salt, and pepper. Toss to coat. Spread on the baking sheet. Roast for 20 minutes, then shake the pan and stir. Roast for another 10 min. Remove garlic and set aside. Roast carrots for another 15 min until tender and browned around the edges.
3. Prepare mash: Place **potatoes** in a medium pot covered by 2" of water over medium heat; add a pinch of salt. Bring to a boil, cook for 10-12 min until potatoes are tender. Reserve 1/2 cup potato water. Turn off heat, strain potatoes, and return to pan. Mash roasted garlic cloves and add to potatoes with 2 Tbsp butter, potato water, salt, and pepper. Mash until incorporated.
4. Prepare meatballs: Mix **ground beef, Italian seasoning, Worcestershire sauce** and salt and pepper until incorporated. Shape mixture into ping pong size meatballs.
5. Heat 1 Tbsp oil in a large pan over medium heat. Sear meatballs until browned on sides. Remove from pan. Add **flour, 1 Tbsp butter and onion** to pan and sauté for 2-3 min. Whisk in sour cream mixture, salt, and pepper to make a cream sauce. Return meatballs to pan and cook simmering until sauce is creamy and meatballs are fully cooked.
6. Serve over garlic mash with roasted carrots on the side. Enjoy!

Tips, Tricks, and Terms

MEATBALL TALK!

History lesson on meatballs?

"The most likely candidate for the original meatball seems to be kofta, a dish of minced or ground beef, chicken, pork, or lamb, mixed with rice, bulgur, or mashed lentils. Now typically fashioned into cigar-sized cylinders, kofta seems to have originated with the Persians, who passed it to the Arabs."

Eventually as these recipes make their way through Greece, North Africa and Europe the concept evolved into Spanish "Albondigas", Dutch "Bitterballen" or South African "Skilpedjies", the ancestors of the meatballs we know and love today. Tossed in lots of different sauces and seasoned with different spices meatballs are a crowdpleaser no matter the flavor!

A little about...

SOUR CREAM: Dissolving sour cream in water is a great substitute for heavy cream or half & half. We also love the tangy flavor and velvety texture it creates when added to mashed potatoes!

COMMON MEASUREMENTS

tsp = teaspoon

tbsp = tablespoon (3 tsp in 1 tbsp)

c = cup

pt = pint (2 c in 1 pt)

qt = quart (2 pt in 1 qt)



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