

## Jamaican Jerk Meatballs

**Prep:**

15

**Total:**

40 mins

**Sirve:**

7 servings

**Pieza:**

Saladmaster Food Processor

12" Electric Oil Core Skillet

6.5 Qt. Double Walled Bowl

**Valora:** ★★★★★☆

**Contribuido por:**

Diana Valenciano

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**Descripción de la Receta:**

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

**Preparación :**

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.

Información nutricional por ración

▼  
**Calorías:** 312  
**Grasa Total:** 19g  
**Grasa** 6g  
**Saturada:**  
**Colesterol:** 89mg  
**Sodio:** 720mg  
**Carbohidratos:** 4g  
**Fibra** 2g  
**Dietética:**  
**Azúcar:** 1g  
**Proteína:** 21g