

FOOD & DINING

A fresh take on meatballs

Meatballs are a dish beloved by many. Some people prefer their meatballs atop a plate of steaming pasta, while others can't resist a meatball hero slathered in sauce.

Even those who aspire to eat less meat can enjoy meatballs thanks to the following recipe for "Albóndigas" (Spanish for "meatballs") from Joy Manning and Tara Mataraza Desmond's "Almost Meatless" (Ten Speed Press). Calling for only a half-pound of meat, this dish employs steel-cut oats to substitute for additional meat and to soak up flavor. Try it out and see if your guests can tell just how little meat this tasty dish contains.

ALBÓNDIGAS

Serves 4 to 6

- 1/2 cup steel-cut oatmeal
- 1/2 cup loosely packed fresh cilantro leaves, chopped, plus more for garnish
- 4 cloves garlic, minced (about 2 tablespoons), divided
- 1 chipotle in adobo sauce, seeded and chopped into a paste
- 4 teaspoons ground cumin, divided
- 2 teaspoons ground coriander, divided
- Kosher salt and freshly ground black pepper
- 1/2 pound ground lamb
- 2 teaspoons olive oil
- 1 small onion, cut into 1/4-inch dice (about 1 cup)
- 1 28-ounce can crushed tomatoes
- 1 cup water
- Juice of 1 lime

Mix together the oatmeal, the cilantro, half the garlic, the chipotle, 2 teaspoons of the cumin, 1 teaspoon of the coriander, 1 teaspoon salt, and 1/4 teaspoon pepper in a bowl. Gently work the lamb into the mixture, distributing it evenly. Form balls out of tablespoon-size scoops of the mixture and set aside.



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