

Chicken Meatballs

Ingredients:

3/4 cup Bread Crumbs
1 egg
1 teaspoon Oregano
1 teaspoon Paprika
1/4 Parmesan-grated
2 bound ground Chicken
2 tablespoons olive oil

For the Sauce:

2 tablespoon olive oil
1 tablespoon Butter
2 Garlic Cloves minced
1/2 cup onion chopped
1 cup Mushroom finely chopped
2 tablespoons Flour
1 1/2 cups chicken broth
1 teaspoon dried rosemary, dried parsley
1/2 tablespoon Paprika
Salt & pepper to taste
1/2 cup Heavy Cream

Instruction:

In a large bowl, mix together all the ingredients except ground chicken and oil. Mix well add the ground Chicken and the oil, mix till just combined, form the mixture to medium size meatballs.

Heat oven to 350 and bake the meatballs for 25 minutes.

Heat two tablespoons of oil and tablespoon of butter, add garlic and onions soften, add the mushroom and cook for 2-3 minutes.

Stir the flour and cook for another minute, add the chicken broth and keep whisking till the sauce thickens.

Stir rosemary, parsley and paprika, salt and pepper and meatballs. Simmer the meatballs for ten minutes. Stir in the heavy cream.

Enjoy,

Jenan Afaneh