

## **Prune and Pine-nut Stuffed Meatballs with Paleo Ketchup**

Perfect game day finger-food that's crisp and salty on the outside - sweet and tender on the inside. And you won't miss a play since they're quick and easy to make!

Prep time: 10 minutes

Cook time: 12 minutes

Yields: 10-12 meatballs

### *Paleo Ketchup:*

3 TBSP tomato sauce

1 TBSP coconut palm sugar

1 TBSP orange juice

1 TBSP apple cider vinegar

### *Meatballs:*

1 lb ground beef

1/4 cup almond flour

1 clove garlic, minced or pressed

1/2 tsp chili powder

1 TBSP paprika

Sea salt and black pepper, to taste

1/2 cup prunes, diced

1/4 cup pine-nuts, diced

- 1) Preheat broiler. Line a baking sheet with parchment paper. Set aside.
- 2) Make the ketchup: In a small saucepan over low heat, add all of the ketchup ingredients. Cook, stirring occasionally, until heated through. Turn off heat, cover and keep warm until meatballs are ready.
- 3) In a medium bowl, add the ground beef, almond flour, garlic, chili powder, paprika, and a sprinkle of salt and pepper. Mix until combined.
- 4) In a small bowl, stir together the prunes and pine-nuts.
- 5) Take a walnut-sized scoop of the beef mixture and press it into the palm of your hand to flatten it. Spoon about 1 tsp of the prune mixture into the center of the patty. Fold the edges up and over the filling, pinching together to seal it as you go. Roll it in your hands a bit to form a ball. Repeat with remaining meat and filling.
- 6) Place meatballs on prepared baking sheet. Broil 10-12 minutes or until golden brown and cooked through. Serves meatballs with warm Paleo Ketchup.